



Asian-Style Beef Tacos & Pickled Onion

with Mayo & Crispy Shallots

KID FRIENDLY

Grab your Meal Kit with this symbol



Garlic



Asian BBQ Seasoning



Beef Strips



Red Onion



Carrot



Mixed Salad Leaves



Sweetcorn



Mini Flour Tortillas



Mayonnaise



Crispy Shallots



Beef Strips

Prep in: 20-30 mins
Ready in: 25-35 mins

Tender beef strips work a treat with a crisp, colourful salad in these speedy tacos, inspired by some serious Asian flavours. The zing from the lightly pickled onion and the crunchiness from the crispy shallots adds the finishing touch.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Soy Sauce, Honey, Vinegar (White Wine or Rice Wine)

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	1 clove	2 cloves
Asian BBQ seasoning	1 medium sachet	2 medium sachets
soy sauce*	½ tbs	1 tbs
honey*	½ tbs	1 tbs
beef strips	1 medium packet	2 medium packets OR 1 large packet
red onion	½	1
vinegar* (white wine or rice wine)	¼ cup	½ cup
carrot	1	2
mixed salad leaves	1 medium packet	2 medium packets
sweetcorn	1 medium tin	1 large tin
mini flour tortillas	6	12
mayonnaise	1 medium packet	1 large packet
crispy shallots	1 medium sachet	1 large sachet
beef strips**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2977kJ (712Cal)	600kJ (143Cal)
Protein (g)	38.9g	7.8g
Fat, total (g)	34.3g	6.9g
- saturated (g)	9.4g	1.9g
Carbohydrate (g)	65.8g	13.3g
- sugars (g)	23.3g	4.7g
Sodium (mg)	1543mg	311mg
Dietary Fibre (g)	11.2g	2.1g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3772kJ (902Cal)	607kJ (145Cal)
Protein (g)	67.8g	10.9g
Fat, total (g)	42.5g	6.8g
- saturated (g)	12.9g	2.1g
Carbohydrate (g)	65.9g	10.6g
- sugars (g)	23.3g	3.7g
Sodium (mg)	1608mg	259mg
Dietary Fibre	11.2g	1.7g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns



1



Marinate the beef

- Finely chop **garlic**.
- In a medium bowl, combine **Asian BBQ seasoning**, **garlic**, the **soy sauce** and **honey**.
- Add **beef strips**, tossing to coat. Set aside.

Custom Recipe: If you've doubled your beef strips, marinate beef as above, in a large bowl.

3



Cook the corn & beef

- Drain **sweetcorn**.
- Heat a large frying pan over high heat. Cook **corn kernels** until lightly browned, **4-5 minutes**.
- Return frying pan to medium-high heat with a drizzle of **olive oil**. When oil is hot, cook **beef strips** in batches, tossing until browned and cooked through, **1-2 minutes** (cooking the beef in batches helps keep it tender).
- When beef is almost done, microwave **mini flour tortillas** on a plate for **10 second** bursts, until warmed through.

TIP: Cover the pan with a lid if the kernels are "popping" out.

Custom Recipe: Cook beef strips in batches for best results.

2



Prep the veggies

- Thinly slice **red onion** (see ingredients).
- In a small bowl, combine the **vinegar** and a good pinch of **sugar** and **salt**. Scrunch **sliced onion** in your hands, then add it to **pickling liquid**. Add enough **water** to just cover onion. Set aside.
- Grate **carrot**.
- In a second medium bowl, combine **mixed salad leaves** and **carrot**. Season with **salt** and **pepper**. Toss to coat. Set aside.

Little cooks: Take the lead by tossing the salad!

4



Serve up

- Drain pickled onion.
- Fill tortillas with salad, Asian-style beef, corn and pickled onion.
- Top with **mayonnaise** and **crispy shallots** to serve. Enjoy!

TIP: If you don't like pickled onions, feel free to leave it out!

Little cooks: Take the lead and help assemble the tacos!

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