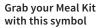


# Quick Asian-Style Beef Tacos with Pickled Onion & Crispy Shallots

BESTSELLER









Seasoning







Mixed Salad

Red Onion

Carrot







Sweetcorn

Mini Flour Tortillas





Mayonnaise

Crispy Shallots





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.

**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

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	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 small packet	2 small packets OR 1 large packet			
red onion	1/2	1			
vinegar* (white wine or rice wine)	⅓ cup	½ cup			
carrot	1	2			
mixed salad leaves	1 medium bag	2 medium bags			
sweetcorn	1 tin (125g)	1 tin (300g)			
mini flour tortillas	6	12			
mayonnaise	1 packet (40g)	1 packet (80g)			
crispy shallots	1 medium packet	1 large packet			
beef strips**	1 small packet	2 small packets OR 1 large packet			

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

## **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3031kJ (724Cal)	545kJ (130Cal)
Protein (g)	41.4g	7.4g
Fat, total (g)	34.2g	6.1g
- saturated (g)	8.4g	1.5g
Carbohydrate (g)	66.8g	12g
- sugars (g)	24.5g	4.4g
Sodium (mg)	1684mg	303mg
Custom Recine		

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3016kJ (721Cal)	<b>578kJ</b> (138Cal)
Protein (g)	41.3g	7.9g
Fat, total (g)	34.9g	6.7g
- saturated (g)	8.7g	1.7g
Carbohydrate (g)	64.5g	12.4g
- sugars (g)	22.3g	4.3g
Sodium (mg)	1669mg	320mg

The quantities provided above are averages only.

## Allergens

2023 | CW37

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





### Marinate the beef

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

**Custom Recipe:** If you've doubled your beef strips, marinate beef as above.



## Cook the corn & beef

- Drain sweetcorn.
- Heat a large frying pan over high heat. Cook **corn** kernels until lightly browned, 4-5 minutes. Transfer to a second small bowl.
- 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.



# 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.



# 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!

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