



# Asian-Style Beef Tacos & Pickled Onion

with Mayo & Crispy Shallots

KID FRIENDLY

Grab your meal kit with this number

1



Garlic



Asian BBQ Seasoning



Beef Strips



Red Onion



Carrot



Sweetcorn



Mixed Salad Leaves



Mini Flour Tortillas



Mayonnaise



Crispy Shallots



Beef Strips



Beef Rump

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 hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3100kJ (741Cal)	612kJ (146Cal)
Protein (g)	39.7g	7.8g
Fat, total (g)	35g	6.9g
- saturated (g)	9.7g	1.9g
Carbohydrate (g)	70.4g	13.9g
- sugars (g)	23.7g	4.7g
Sodium (mg)	1583mg	313mg
Dietary Fibre (g)	10.3g	2g

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](https://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

2024 | CW26



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## 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.

3



## Cook the corn & beef

- Heat a large frying pan over high heat. Cook **corn kernels** until lightly browned, **4-5 minutes**. Set aside.
- 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 OPTIONS



#### DOUBLE BEEF STRIPS

Follow method above, cooking in batches if necessary.



#### SWAP TO BEEF RUMP

Thinly slice beef rump into strips. Cook as above, for 1-2 minutes.

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**. Drain **sweetcorn**.
- In a second medium bowl, combine **mixed salad leaves** and **carrot**. Season with **salt** and **pepper**. Toss to coat. Set aside.

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## 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!

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

