



# Thai Sticky Glazed Beef Tacos

with Pickled Carrot & Cucumber

HELLOHERO

Grab your meal kit with this number

24



Cucumber



Carrot



Beef Strips



Char Siu Paste



Mini Flour Tortillas



Garlic Aioli



Mixed Salad Leaves



Baby Spinach Leaves



Crispy Shallots



Coriander



Beef Strips



Chicken Breast

Prep in: 15-25 mins  
Ready in: 20-30 mins

Get excited for dinner! These colourful handfuls are bursting with deliciousness from the umami beef and pickled veggies, plus some serious crunch from the crispy shallots.

### Pantry items

Olive Oil, 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
cucumber	1	2
carrot	1	2
<b>vinegar*</b> (white wine or rice wine)	½ cup	¾ cup
beef strips	1 medium packet	2 medium packets OR 1 large packet
char siu paste	1 medium packet	2 medium packets
mini flour tortillas	6	12
garlic aioli	1 medium packet	1 large packet
mixed salad leaves	1 small packet	1 medium packet
baby spinach leaves	1 medium packet	2 medium packets
crispy shallots	1 medium sachet	1 large sachet
coriander	1 packet	1 packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3331kJ (796cal)	716kJ (154cal)
Protein (g)	40.2g	8.6g
Fat, total (g)	40.6g	8.7g
- saturated (g)	9.6g	2.1g
Carbohydrate (g)	71.3g	15.3g
- sugars (g)	24.6g	5.3g
Sodium (mg)	872mg	187.5mg
Dietary Fibre (g)	8.5g	1.8g

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.



## Get prepped

- Thinly slice **cucumber** into rounds.
- Grate **carrot**.



## Cook the beef

- In a large frying pan, heat a drizzle of **olive oil** over high heat. When oil is hot, cook **beef strips** in batches, tossing, until browned and cooked through, **1-2 minutes**.
- Return all **beef** to pan. Add **char siu paste** and a splash of **water** and cook, tossing, until sauce is bubbling, **1 minute**.

**TIP:** Cooking the beef in batches over high heat helps it stay tender.



## Pickle the veggies

- In a medium bowl, combine the **vinegar** and a good pinch of **sugar** and **salt**.
- Add **cucumber** and grated **carrot** to pickling liquid. Add enough **water** to just cover veggies. Set aside.

**TIP:** Slicing the cucumber very thinly helps it pickle faster!



## Finish & serve

- Microwave **mini flour tortillas** on a plate in **10 second** bursts until warmed through.
- Drain cucumber and carrot.
- Spread **garlic aioli** over tortillas. Fill with **mixed salad leaves**, **baby spinach leaves**, pickled cucumber and carrot and sticky glazed beef.
- Top with **crispy shallots** and tear over **coriander**.
- Serve with any remaining pickled veggies. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2025 | CW05



### CUSTOM OPTIONS



#### DOUBLE BEEF STRIPS

Follow method above, cooking in batches if necessary.



#### SWAP TO CHICKEN BREAST

Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.

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

