

Quick Korean Beef Tacos

with Pickled Onion

Grab your Meal Kit with this symbol



Garlic



Beef Strips



Red Onion



Carrot



Cos Lettuce



Long Red Chilli (Optional)



Mini Flour Tortillas



Mayonnaise



Crispy Shallots



Beef Rump

 Hands-on: **20-30 mins**
Ready in: **25-35 mins**

 Spicy (optional long red chilli)

Tender beef strips work a treat with a crisp, colourful salad in these speedy tacos, inspired by Korean flavours. The acidity from the lightly pickled onion and the crunchiness from the shallots add 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), Sugar

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	1 clove	2 cloves
soy sauce*	2 tbs	¼ cup
honey*	1 tbs	2 tbs
beef strips	1 medium packet	1 large packet
red onion	½	1
vinegar* (white wine or rice wine)	¼ cup	½ cup
salt*	1 tsp	2 tsp
sugar*	3 tsp	1 ½ tbs
water*	¼ cup	½ cup
carrot	1	2
cos lettuce	½ head	1 head
long red chilli (optional)	1	2
mini flour tortillas	6	12
mayonnaise	1 packet (40g)	2 packets (80g)
crispy shallots	1 medium packet	1 large packet
beef rump**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2973kJ (710Cal)	590kJ (141Cal)
Protein (g)	48.2g	9.6g
Fat, total (g)	26.9g	5.3g
- saturated (g)	3.4g	0.7g
Carbohydrate (g)	62.1g	12.3g
- sugars (g)	22.1g	4.4g
Sodium (mg)	2232mg	443mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2898kJ (692Cal)	564kJ (134Cal)
Protein (g)	40.7g	7.9g
Fat, total (g)	28.3g	5.5g
- saturated (g)	3.9g	0.8g
Carbohydrate (g)	62.1g	12.1g
- sugars (g)	22.1g	4.3g
Sodium (mg)	2254mg	439mg

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.

If you have any questions or concerns, please visit hellofresh.com.au/contact

2021 | CW35

1



Marinate the beef

- Finely chop **garlic**.
- In a medium bowl, combine **garlic**, **soy sauce** and **honey**. Add **beef strips** and toss to coat. Set aside.

CUSTOM RECIPE

If you've upgraded to beef rump, add it to the marinade as above.

3



Cook the beef

- In a large frying pan, heat a drizzle of **olive oil** over a high heat. Cook **beef strips** in batches, tossing, until browned and cooked through, **1-2 minutes**.
- Microwave **mini flour tortillas** on a plate for **10 second** bursts, until warmed through.

CUSTOM RECIPE

When the oil is hot, add the beef rump and cook for 2-3 minutes on each side (depending on thickness), or until cooked to your liking.

2



Get prepped

- Thinly slice **red onion** (see ingredients). In a small bowl, combine **vinegar**, the **salt** and **sugar**. Scrunch the **onion** in your hands, then add to pickling liquid. Add just enough **water** to cover **onion**. Set aside.
- Grate **carrot**. Shred **cos lettuce** (see ingredients). Thinly slice **long red chilli** (if using). In a second medium bowl, combine **carrot**, **lettuce** and **chilli**. Season with **salt** and **pepper** and toss to coat. Set aside.

4



Serve up

- Drain pickled onion.
- Top tortillas with salad, Korean beef and homemade pickled onion.
- Serve topped with **mayonnaise** and sprinkled with **crispy shallots**.

CUSTOM RECIPE

Thinly slice the steak to serve in the tortillas.

Enjoy!