











Carrot

Long Chilli (Optional)





Capsicum



Mini Flour



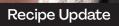
Mayonnaise

Tortillas



Crushed Peanuts





Unfortunately, this week's crispy shallots were in short supply, so we've replaced them with crushed peanuts. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!

Prep in: 20-25 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 Korean flavours. The zing from the lightly pickled chilli and the crunchiness from the crushed peanuts adds the finishing touch.

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

3			
	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 small packet	1 medium packet	
long chilli ∮ (optional)	1/2	1	
vinegar* (white wine or rice wine)	⅓ cup	½ cup	
carrot	1	2	
capsicum	1	2	
mixed salad leaves	1 medium bag	1 large bag	
mini flour tortillas	6	12	
mayonnaise	1 packet (40g)	1 packet (100g)	
crushed peanuts	1 medium packet	1 large packet	
beef strips**	1 small packet	1 medium packet	
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*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2840kJ (678Cal)	555kJ (132Cal)
Protein (g)	40.4g	7.9g
Fat, total (g)	33.4g	6.5g
- saturated (g)	8.2g	1.6g
Carbohydrate (g)	58.8g	11.5g
- sugars (g)	20.3g	4g
Sodium (mg)	1274mg	249mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3626kJ (866Cal)	570kJ (136Cal)
Protein (g)	70.4g	11.1g
Fat, total (g)	40.9g	6.4g
- saturated (g)	11.3g	1.8g
Carbohydrate (g)	58.8g	9.2g
- sugars (g)	20.3g	3.2g
Sodium (mg)	1342mg	211mg

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





Marinate the beef

- Finely chop garlic.
- In a medium bowl, combine 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 the extra beef as above.



Cook the capsicum & beef

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

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



Prep the veggies

- Thinly slice long chilli (if using).
- In a small bowl, combine the vinegar and a good pinch of salt. Add chilli to pickling liquid. Set aside.
- Grate carrot. Thinly slice capsicum, then set aside.
- 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 chilli.
- Fill tortillas with salad, Korean-style beef and pickled chilli.
- Top with mayonnaise and crushed peanuts to serve.



