



Korean-Style Beef Tacos

with Pickled Chilli & Crushed Peanuts

KID FRIENDLY

Grab your Meal Kit with this symbol



Garlic



Beef Strips



Long Chilli (Optional)



Carrot



Capsicum



Mixed Salad Leaves



Mini Flour Tortillas



Mayonnaise



Crushed Peanuts



Beef Strips

Recipe Update

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.

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)

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

	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)	½	1
vinegar* (white wine or rice wine)	¼ 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

*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



1



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.

3



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.

2



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.

4



Serve up

- Drain pickled **chilli**.
- Fill tortillas with salad, Korean-style beef and pickled **chilli**.
- Top with **mayonnaise** and **crushed peanuts** to serve.

Rate your recipe

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