



Korean Beef Tacos

with Speedy 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: **30-40 mins**

Spicy (optional long red chilli)

Mexican Korean fusion? Yeah, that's right, tonight we're getting trendy on you. Don't worry though, after you've tried our easy pickle on this colourful taco, you'll be glad we did.



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
water*	¼ cup	½ cup
salt*	1 tsp	2 tsp
sugar*	3 tsp	1½ tbs
carrot	1	2
cos lettuce	½ bag	1 bag
long red chilli (optional)	1	2
mini flour tortillas	6	12
mayonnaise	1 packet (40g)	2 packets (80g)
crispy shallots	1 sachet	2 sachets
beef rump**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3131kJ (748Cal)	622kJ (148Cal)
Protein (g)	48.6g	9.7g
Fat, total (g)	29.7g	5.9g
- saturated (g)	5.2g	1g
Carbohydrate (g)	64.7g	12.8g
- sugars (g)	23.5g	4.7g
Sodium (mg)	2254mg	448mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3056kJ (730Cal)	595kJ (142Cal)
Protein (g)	41.1g	8g
Fat, total (g)	31.1g	6.1g
- saturated (g)	5.7g	1.1g
Carbohydrate (g)	64.7g	12.6g
- sugars (g)	23.5g	4.6g
Sodium (mg)	2275mg	443mg

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

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1 Marinate the beef

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

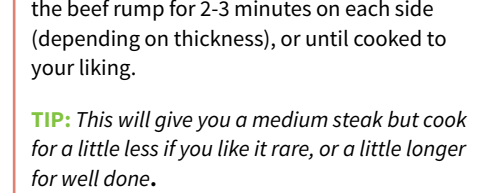
TIP: If you have time, let the beef marinate for at least 15 minutes to enhance the flavour and increase tenderness.



4 Cook the beef

In a large frying pan, heat a drizzle of **olive oil** over a high heat. When the oil is hot, cook the **beef strips** in batches, tossing, until browned and cooked through, **1-2 minutes**.

TIP: You can cook the sliced red onion with the beef if you prefer.



2 Pickle the onion

While the beef is marinating, thinly slice the **red onion** (see ingredients). In a small bowl, combine the **vinegar, the salt and sugar**. Scrunch the **onion** in your hands, then add to the pickling liquid. Add just enough water to cover the onion and set aside until serving.

TIP: If you don't like pickled onion, skip this step and cook the onion in step 4 with the beef.



5 Warm the tortillas

Microwave the **mini flour tortillas** on a plate for **10 second** bursts, until warmed through. Drain the pickled onion.



3 Prep the salad

While the onion is pickling, grate the **carrot**. Shred the **cos lettuce** (see ingredients). Thinly slice the **long red chilli** (if using). In a second medium bowl, combine the **carrot, lettuce and chilli**. Season with **salt and pepper** and toss to coat. Set aside.



6 Serve up

Take everything to the table to serve. Top the tortillas with the salad, Korean beef and quick pickled onion. Top with the **mayonnaise** and sprinkle with the **crispy shallots** to serve.

Enjoy!



CUSTOM RECIPE

Before taking everything to the table, slice the beef rump. Continue with step as above.