



Quick Oyster & Ginger Beef Tacos

with Sesame Slaw & Apple

NEW

KID FRIENDLY

Grab your Meal Kit with this symbol



Apple



Oyster Sauce



Beef Mince



Ginger Paste



Carrot



Shredded Cabbage Mix



Sesame Dressing



Mini Flour Tortillas



Coriander



Beef Mince

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

Now this one has all the additions that deserve some serious recognition. You've got oyster and ginger-glazed beef mince as tonight's protein of choice and when paired with a tasty apple and sesame slaw, you'll want every night to be taco night!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Brown Sugar, Soy Sauce

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
apple	1	2
oyster sauce	1 packet (50g)	1 packet (100g)
brown sugar*	½ tbs	1 tbs
soy sauce*	½ tbs	1 tbs
beef mince	1 small packet	1 medium packet
ginger paste	1 medium packet	1 large packet
carrot	1	2
shredded cabbage mix	1 medium bag	1 large bag
sesame dressing	1 large packet	2 large packets
mini flour tortillas	6	12
coriander	1 bag	1 bag
beef mince**	1 small packet	1 medium packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3001kJ (717Cal)	611kJ (146Cal)
Protein (g)	37.7g	7.7g
Fat, total (g)	33.2g	6.8g
- saturated (g)	8.5g	1.7g
Carbohydrate (g)	64g	13g
- sugars (g)	25.2g	5.1g
Sodium (mg)	2271mg	462mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3946kJ (943Cal)	640kJ (153Cal)
Protein (g)	65.2g	10.6g
Fat, total (g)	46g	7.5g
- saturated (g)	14g	2.3g
Carbohydrate (g)	64g	10.4g
- sugars (g)	25.2g	4.1g
Sodium (mg)	2346mg	381mg

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://www.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



Get prepped

- Thinly slice **apple**.
- In a small bowl, combine **oyster sauce**, the **brown sugar** and the **soy sauce**.

Little cooks: Take charge by combining the sauces!



Make slaw & heat tortillas

- Meanwhile, grate **carrot**.
- In a medium bowl, combine **carrot**, **shredded cabbage mix** and **sesame dressing**. Season.
- Microwave **mini flour tortillas** on a plate in **10 second** bursts until warmed through.

Little cooks: Take the lead by combining the ingredients for the slaw!



Cook beef

- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- Cook **beef mince**, breaking up with a spoon, until just browned, **4-5 minutes**. Add **ginger paste**, cooking until fragrant, **1 minute**.
- Remove from heat. Stir in **sauce mixture** until combined. Season with **pepper**.

TIP: For best results, drain the oil from the pan before cooking the sauce.

Custom Recipe: If you've doubled your beef mince, cook for an extra 2-3 minutes before adding the ginger paste.



Serve up

- Fill tortillas with sesame slaw, oyster-ginger beef and apple slices.
- Tear over **coriander** to serve. Enjoy!

Little cooks: Take the lead and help build the tacos!

Rate your recipe

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