



# FIVE-SPICE SESAME BEEF TACOS

with Quick Pickled Onion & Garlic Aioli



Master a quick pickled onion



Red Onion



Garlic



Cucumber



Cos Lettuce Leaves



Long Red Chilli (Optional)



Carrot



Sesame Seeds



Beef Mince



Five Spice Sesame Blend



Mini Flour Tortillas



Garlic Aioli

Hands-on: **25 mins**  
Ready in: **25 mins**  
Spicy (optional long red chilli)

Mexican Asian 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.

**Pantry Staples:** Olive Oil, Rice Wine Vinegar, Sugar, Soy Sauce, Sesame Oil (or Oil), Honey

# BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **large frying pan**



## 1 PICKLE THE ONION (OPTIONAL)

**TIP:** If you don't like pickled onion, skip this step and cook the onion with the beef in step 5. Thinly slice the **red onion** (see ingredients list). In a small bowl, combine the **rice wine vinegar (for the onion)**, **water** and a **good pinch** of **sugar** and **salt**. Scrunch the red onion in your hands, then add to the pickling liquid and stir to coat. Set aside until serving.



## 2 PREP THE VEG

While the onion is pickling, finely chop the **garlic** (or use a garlic press). Thinly slice the **cucumber** into 0.5cm batons. Shred the **cos lettuce leaves**. Thinly slice the **long red chilli** (if using). Grate the **carrot** (unpeeled).



## 3 MAKE THE SOY MIXTURE

In a second small bowl, combine the **soy sauce**, **sesame oil**, **honey** and **rice wine vinegar (for the beef)**. Set aside.



## 4 TOAST THE SESAME SEEDS

Heat a large frying pan over a medium-high heat. Add the **sesame seeds** and toast, stirring, for **3-4 minutes** or until golden. Transfer to a plate.



## 5 COOK THE BEEF

Return the large frying pan to a medium-high heat with a **drizzle** of **olive oil**. Add the **beef mince** and cook, breaking up with a wooden spoon, for **3-4 minutes**, or until browned. **TIP:** Add the onion with the beef if you're not pickling! Add the **garlic** and **five spice sesame blend** and cook for **1-2 minutes**, or until fragrant. Add the **soy mixture** and cook, stirring, until heated through. Remove from the heat. **TIP:** Five spice has an aniseed flavour. Use less if you're not a fan. Heat the **mini flour tortillas** in a sandwich press or on a plate in the microwave for **10 second** bursts, or until warmed through.



## 6 SERVE UP

Bring everything to the table to serve. Build your tacos by spreading some **garlic aioli** on the base. Top with some cos lettuce, cucumber, carrot, five spice sesame beef and pickled onion. Sprinkle over the long red chilli (if using) and toasted sesame seeds.

# ENJOY!

# 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
red onion	½	1
rice wine vinegar* (for the onion)	¼ cup	½ cup
water*	¼ cup	½ cup
garlic	2 cloves	4 cloves
cucumber	1	2
cos lettuce leaves	1 bag	2 bags
long red chilli (optional)	1	2
carrot	1	2
soy sauce*	1 tbs	2 tbs
sesame oil* (or oil)	2 tsp	1 tbs
honey*	1 tsp	2 tsp
rice wine vinegar* (for the beef)	1 tbs	2 tbs
sesame seeds	1 sachet	2 sachets
beef mince	1 packet	1 packet
five spice sesame blend	1 sachet	2 sachets
mini flour tortillas	6	12
garlic aioli	1 tub (50 g)	1 tub (100 g)

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3260kJ (779Cal)	566kJ (135Cal)
Protein (g)	43.3g	7.5g
Fat, total (g)	40.0g	7.0g
- saturated (g)	7.8g	1.4g
Carbohydrate (g)	55.6g	9.7g
- sugars (g)	12.6g	2.2g
Sodium (g)	1240mg	215mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

[Hello@HelloFresh.com.au](mailto:Hello@HelloFresh.com.au)

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