

Shawarma Beef Tacos

with Cucumber Salad, Pickled Onions & Dill-Parsley Mayo

Grab your Meal Kit with this symbol



Red Onion



Ras El Hanout



Beef Strips



Tomato



Cucumber



Parsley



Mini Flour Tortillas



Dill & Parsley Mayonnaise



Spinach & Rocket Mix

 Hands-on: **15-25 mins**
Ready in: **20-30 mins**

This Middle Eastern and Mexican fusion dish is full of surprises! Bite into tender beef strips to excite your taste buds, gobble up the green goodness of the salsa to nurture your body, and top it off with pickled onions for a tangy finish!

Pantry items

Olive Oil, White Wine Vinegar, Honey

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
red onion	½	1
white wine vinegar*	3 tbs	½ cup
ras el hanout	1 sachet	2 sachets
beef strips	1 small packet	1 large packet
honey*	2 tsp	1 tbs
salt*	¼ tsp	½ tsp
tomato	1	2
cucumber	1	2
parsley	1 bag	1 bag
mini flour tortillas	6	12
dill & parsley mayonnaise	1 packet (50g)	1 packet (100g)
spinach & rocket mix	1 bag (30g)	1 bag (60g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2744kJ (655Cal)	589kJ (140Cal)
Protein (g)	47.9g	10.3g
Fat, total (g)	27.1g	5.8g
- saturated (g)	3.4g	0.7g
Carbohydrate (g)	51g	11g
- sugars (g)	11.9g	2.6g
Sodium (mg)	739mg	159mg

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.



Pickle the onion

Thinly slice the **red onion** (see ingredients). In a small bowl, combine the **white wine vinegar** and a generous pinch of **salt** and **sugar**. Add the **onion** to the pickling liquid. Add just enough **water** to cover the **onion**, stir to coat, then set aside until serving.



Prep the beef

While the onion is pickling, combine the **ras el hanout**, **honey** and a drizzle of **olive oil** in a medium bowl. Season with **salt** and **pepper**. Add the **beef strips** and toss to coat.



Make the salad

Thinly slice the **cucumber** into batons. Thinly slice the **tomato** into half-moons. Finely chop the **parsley leaves**. Combine the **cucumber**, **tomato** and **parsley** in a medium bowl with a drizzle of **olive oil** and season with **salt** and **pepper**.



Cook the beef

Heat a drizzle of **olive oil** in a large frying pan 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: *Cooking the meat in batches over a high heat helps it stay tender.*



Heat the tortillas

Heat the **mini flour tortillas** in a sandwich press, or on a plate in the microwave for **10 second** bursts, until warmed through.



Serve up

Drain the pickled onion. Bring everything to the table to serve. Build your tacos by spreading each tortilla with the **dill & parsley mayonnaise**. Top with the **spinach & rocket mix**, cucumber salad and shawarma beef. Garnish with the pickled onion.

Enjoy!