



# SPEEDY BBQ BEEF TACOS

with Cheddar & Charred Corn



Make your own  
BBQ mayo



Sweetcorn



Cos Lettuce  
Leaves



Cucumber



BBQ Sauce



Mayonnaise



All-American  
Spice Blend



Beef Strips



Mini Flour  
Tortillas



Shredded Cheddar  
Cheese



Hands-on: 15 mins

Ready in: 15 mins

Set your timers for the quickest dinner around! This all-American taco has the flavours of a cheeseburger but wrapped up in a soft tortilla. With tender beef strips and a creamy BBQ mayonnaise, this is fast food but not as you know it!

**Pantry Staples:** Olive Oil

# BEFORE YOU START

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

- **large frying pan**



## 1 GET PREPPED

Drain the **sweetcorn**. Shred the **cos lettuce leaves**. Slice the **cucumber** into long matchsticks.



## 2 MAKE THE BBQ MAYO

In a small bowl, combine the **BBQ sauce** and **mayonnaise** and set aside.



## 3 CHAR THE CORN

Heat a **small drizzle** of **olive oil** in a large frying pan over a high heat. Add the **sweetcorn** and cook, tossing, for **4-5 minutes** or until golden and lightly charred. Transfer to a plate.



## 4 COOK THE BEEF

In a medium bowl, toss together the **All-American spice blend** and **beef strips** with a **drizzle** of **olive oil**. Return the frying pan to a high heat with a **drizzle** of **olive oil**. Once hot, add **1/2** the beef strips and cook, tossing for **1-2 minutes**, or until browned and cooked through. Transfer to a plate and repeat with the remaining beef strips. **TIP:** *Cooking the meat in batches over high heat keeps it tender.*



## 5 HEAT THE TORTILLAS

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. Spread the base of the tacos with the **BBQ mayo** and top with the **shredded cos lettuce**, **cucumber matchsticks**, **spiced beef strips**, **charred corn** and **shredded Cheddar cheese**.

# ENJOY!

# 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
sweetcorn	1 tin (125 g)	1 tin (300 g)
cos lettuce leaves	1 bag	2 bags
cucumber	1	2
BBQ sauce	1 tub (40 g)	2 tubs (80 g)
mayonnaise	1 tub (40 g)	2 tubs (80 g)
All-American spice blend	1 sachet	2 sachets
beef strips	1 packet	1 packet
mini flour tortillas	6	12
shredded Cheddar cheese	1 packet (50 g)	1 packet (100 g)

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3280kJ (784Cal)	639kJ (153Cal)
Protein (g)	49.7g	9.7g
Fat, total (g)	35.3g	6.9g
- saturated (g)	10.5g	2.1g
Carbohydrate (g)	61.9g	12.1g
- sugars (g)	16.9g	3.3g
Sodium (g)	1520mg	296mg

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

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