

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



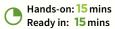
Mini Flour Tortillas



Shredded Cheddar Cheese



Pantry Staples: Olive Oil



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!

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



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



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



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.



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.



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.



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!

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
at, 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

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