



Quick Korean-Style Sesame Beef Tacos

with Garlic Aioli

KID FRIENDLY

Grab your Meal Kit with this symbol



Garlic



Sesame Seeds



Beef Strips



Carrot



Pear



Coriander



Shredded Cabbage Mix



Mini Flour Tortillas



Garlic Aioli



Peeled Prawns

Prep in: **25-35** mins
Ready in: **25-35** mins

Winner, winner, Korean dinner – this Asian take on tacos combines silky garlic aioli with herbs and a fresh salad. Tender beef strips marinated in soy sauce and honey are what make these tacos really sizzle!

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

Pantry items

Olive Oil, Soy Sauce, Honey

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
garlic	2 cloves	4 cloves
soy sauce*	2½ tbs	½ cup
honey*	1 tbs	2 tbs
sesame seeds	1 sachet	2 sachets
beef strips	1 small packet	2 small packets OR 1 large packet
carrot	1	2
pear	1	2
coriander	1 bag	1 bag
shredded cabbage mix	1 bag (150g)	1 bag (300g)
mini flour tortillas	6	12
garlic aioli	1 medium packet	1 large packet
peeled prawns**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2811kJ (672Cal)	617kJ (147Cal)
Protein (g)	39.8g	8.7g
Fat, total (g)	28.7g	6.3g
- saturated (g)	8.3g	1.8g
Carbohydrate (g)	59.4g	13g
- sugars (g)	20.2g	4.4g
Sodium (mg)	1162mg	255mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2365kJ (565Cal)	549kJ (131Cal)
Protein (g)	24.8g	5.8g
Fat, total (g)	20.9g	4.9g
- saturated (g)	5.2g	1.2g
Carbohydrate (g)	59.4g	13.8g
- sugars (g)	20.2g	4.7g
Sodium (mg)	1764mg	410mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/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

2023 | CW45



1



Flavour the beef

- Finely chop the **garlic**.
- In a medium bowl, combine **garlic**, the **soy sauce**, **honey** and **sesame seeds**. Add **beef strips** and toss to coat. Set aside to marinate.

TIP: If you have time, marinate the beef for at least 15 minutes to enhance the flavour and increase tenderness.

Custom Recipe: If you've upgraded to peeled prawns, flavour the prawns in the same way as above.

4



Cook the beef

- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- When oil is hot, cook **beef strips** in batches, tossing, until browned and cooked through, **1-2 minutes**. Transfer to a plate.

TIP: Cooking the meat in batches over high heat helps keep it tender.

Custom Recipe: Heat the frying pan over medium-high heat with a drizzle of olive oil. Cook prawns, tossing, until pink and starting to curl up, 3-4 minutes. Transfer to a plate.

2



Get prepped

- Grate the **carrot**. Thinly slice **pear**. Roughly chop **coriander**.

3



Make the salad

- In a second medium bowl, combine **carrot**, **pear** and **shredded cabbage mix**. Season with **salt** and **pepper** and toss to coat. Set aside.

Little cooks: Kids can help toss the salad!

5



Heat the tortillas

- Meanwhile, microwave **mini flour tortillas** on a plate in **10 second** bursts, until warmed through.

6



Serve up

- Bring everything to the table to serve.
- Spread some **garlic aioli** over tortillas and top with some salad and Korean-style sesame beef.
- Garnish with coriander to serve. Enjoy!

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

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.co.nz/rate