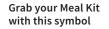


Quick Korean-Style Sesame Beef Tacos with Garlic Aioli

KID FRIENDLY











Carrot





Coriander



Shredded Cabbage



Mini Flour

Tortillas

Garlic Aioli



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!

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	⅓ 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	1 bag	1 bag
cabbage mix	(150g)	(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

2023 | CW45

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.







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.



Get prepped

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



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!*



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.



Heat the tortillas

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



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!

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