



Speedy Teriyaki Beef Tacos

with Creamy Slaw & Crispy Shallots

KID FRIENDLY

BESTSELLER

Grab your Meal Kit with this symbol



Carrot



Cucumber



Teriyaki Sauce



Shredded Cabbage Mix



Garlic Aioli



Beef Strips



Mini Flour Tortillas



Crispy Shallots



Chicken Breast Strips

Prep in: 10-20 mins
Ready in: 15-25 mins

Eat Me Early*

*Custom Recipe only

Everything tastes better in taco form. Case in point: this stunning cuisine mash-up! Steamy tortillas are filled with savoury-sweet Japanese-inspired beef strips and topped with a creamy Southern-style slaw and crispy shallots. All of this ready in just 15 minutes, taco night just got a whole lot better.

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

Pantry items

Olive Oil, Brown Sugar, Vinegar (White Wine or Rice Wine), Sesame Oil (Optional)

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
carrot	1	2
cucumber	1 (medium)	1 (large)
teriyaki sauce	1 medium packet	1 large packet
brown sugar*	1 tbs	2 tbs
vinegar* (white wine or rice wine)	2 tbs	¼ cup
shredded cabbage mix	1 bag (150g)	1 bag (300g)
garlic aioli	1 medium packet	1 large packet
sesame oil* (optional)	½ tbs	1 tbs
beef strips	1 small packet	2 small packets OR 1 large packet
mini flour tortillas	6	12
crispy shallots	1 medium packet	1 large packet
chicken breast strips**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2934kJ (701Cal)	587kJ (140Cal)
Protein (g)	39g	7.8g
Fat, total (g)	32.9g	6.6g
- saturated (g)	10g	2g
Carbohydrate (g)	58.7g	11.7g
- sugars (g)	16.3g	3.3g
Sodium (mg)	1788mg	358mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2885kJ (690Cal)	540kJ (129Cal)
Protein (g)	42.7g	8g
Fat, total (g)	29.8g	5.6g
- saturated (g)	8.3g	1.6g
Carbohydrate (g)	58.7g	11g
- sugars (g)	16.3g	3g
Sodium (mg)	1820mg	340mg

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

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1



Get prepped

- Grate the **carrot**. Thinly slice **cucumber** into sticks.
- In a small bowl, combine **teriyaki sauce**, the **brown sugar**, **vinegar** and a splash of **water**.

Little cooks: Older kids can help grate the carrot under adult supervision.

3



Cook the beef strips

- In a large frying pan, heat a drizzle of **olive oil** over high heat. When oil is hot, cook **beef strips** in batches, until browned and cooked through, **1-2 minutes**.
- Add the **teriyaki sauce mixture** and stir until the beef is coated, **1-2 minutes**.
- While the beef is cooking, microwave **mini flour tortillas** on a plate in **10 second** bursts until warmed through.

Little cooks: Help warm the tortillas with oven gloves and under adult supervision. Be careful, the plate can get hot!

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

Custom Recipe: If you've swapped to chicken breast strips, heat a large frying pan over medium-high heat with a drizzle of olive oil. Cook chicken until browned and cooked through, 3-4 minutes each side. Add the sauce mixture and continue with step.

2



Toss the slaw

- In a medium bowl, combine **shredded cabbage mix**, **carrot**, **garlic aioli**, the **sesame oil** (if using) and a drizzle of **vinegar**. Season to taste.

4



Serve up

- Bring everything to the table to serve. Fill tortillas with some creamy slaw, cucumber and teriyaki beef.
- Sprinkle with **crispy shallots** to serve. Enjoy!

Little cooks: Add the finishing touch by sprinkling over the shallots!

Rate your recipe

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