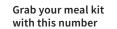


# Quick Soy Beef & Radish Tacos with Creamy Slaw

KID FRIENDLY











**Oyster Sauce** 

Shredded Cabbage







Mini Flour Tortillas









#### Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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

9			
	2 People	4 People	
olive oil*	refer to method	refer to method	
carrot	1	2	
radish	1	2	
oyster sauce	1 medium packet	1 large packet	
brown sugar*	1 tbs	2 tbs	
soy sauce*	1 tbs	2 tbs	
shredded cabbage mix	1 medium packet	1 large packet	
garlic aioli	1 medium packet	1 large packet	
sesame oil* (optional)	2 tsp	4 tsp	
vinegar* (white wine or rice wine)	drizzle	drizzle	
beef strips	1 medium packet	2 medium packets OR 1 large packet	
mini flour tortillas	6	12	
mini flour tortillas	6	0 1	

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2776kJ (663Cal)	632kJ (151Cal)
Protein (g)	38.2g	8.7g
Fat, total (g)	31.6g	7.2g
- saturated (g)	8.7g	2g
Carbohydrate (g)	53.1g	12.1g
- sugars (g)	15.7g	3.6g
Sodium (mg)	1820mg	414mg
Dietary Fibre (g)	9.4g	2.1g

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.



#### Get prepped

- · Grate carrot. Thinly slice radish.
- In a small bowl, combine **oyster sauce**, the **brown sugar** and **soy sauce**.

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



#### 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.



## 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.
- Return all **beef** to the pan, then add the **oyster sauce mixture** and stir until beef is coated, **1-2 minutes**. Remove from heat.
- Microwave mini flour tortillas on a plate in 10 second bursts, or until warmed through.

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



## Serve up

 Bring everything to the table to serve. Fill tortillas with some creamy slaw, radish and soy-glazed beef. Enjoy!

**Little cooks:** Kids can help assemble the tacos!







If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

