



Honey-Soy Beef Tacos

with Pear Slaw & Spring Onion

KID FRIENDLY

Grab your meal kit with this number

36



Carrot



Pear



Spring Onion



Beef Strips



Sweet Soy Seasoning



Shredded Cabbage Mix



Garlic Aioli



Mini Flour Tortillas



Beef Strips



Diced Chicken

Recipe Update

We've replaced the crispy shallots in this recipe with spring onion due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

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

You think you know tacos? Think again: our Asian beef filling changes the whole profile of these tacos with its honey-soy glaze. We love to top it with fresh carrot and pear and zingy spring onion for maximum deliciousness of this fusion cuisine.

Pantry items

Olive Oil, Soy Sauce, Honey, Vinegar (White Wine or Rice Wine)

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

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
pear	1	2
spring onion	½ stem	1 stem
beef strips	1 medium packet	2 medium packets OR 1 large packet
sweet soy seasoning	1 medium sachet	2 medium sachets
soy sauce*	1 tbs	2 tbs
honey*	2 tsp	1 tbs
vinegar* (white wine or rice wine)	1 tsp	2 tsp
shredded cabbage mix	1 medium packet	1 large packet
garlic aioli	1 medium packet	1 large packet
mini flour tortillas	6	12

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2931kJ (701Cal)	637kJ (152Cal)
Protein (g)	38.7g	8.4g
Fat, total (g)	28.3g	6.2g
- saturated (g)	9.3g	2g
Carbohydrate (g)	68.5g	14.9g
- sugars (g)	24.8g	5.4g
Sodium (mg)	1655mg	360mg
Dietary Fibre (g)	14.6g	3.2g

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 **pear** into sticks. Thinly slice **spring onion**.
- Discard any liquid from **beef strips** packaging. In a large bowl, combine **beef strips**, **sweet soy seasoning** and a drizzle of **olive oil**.
- In a small bowl, combine the **soy sauce**, **honey** and **vinegar**. Set aside.

Little cooks: Help combine the ingredients for the sauce!



Toss the slaw

- Meanwhile, add **carrot**, **pear**, **shredded cabbage mix**, **garlic aioli** and a drizzle of **vinegar** in a second large bowl.
- Season to taste and toss to combine.
- Microwave **mini flour tortillas** on a plate in **10 second** bursts until warmed through.



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**. Season to taste.
- Return all **beef** to the pan, then add **honey-soy mixture** and cook, tossing **beef**, until coated and sauce has slightly thickened, **1-2 minutes**.



Serve up

- Bring everything to the table to serve.
- Top tortillas with some pear slaw and honey-soy beef.
- Garnish with spring onion to serve. Enjoy!

Little cooks: Add the finishing touch and sprinkle over the spring onion.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW26



CUSTOM OPTIONS

+ **DOUBLE BEEF STRIPS**
Follow method above.

↻ **SWAP TO DICED CHICKEN**
In a large frying pan, cook with a drizzle of olive oil until browned and cooked through, 3-4 minutes.

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

