



ASIAN HONEY-SOY BEEF TACOS

with Pickled Onion and Japanese Mayo



Make a quick pickled onion!



Red Onion



Garlic



Carrot



Cucumber



Japanese Dressing



Mayonnaise



Beef Rump



Mini Flour Tortillas



Mixed Salad Leaves

Hands-on: **30** mins
Ready in: **35** mins

You think you know tacos? Think again. Our Asian-style beef filling changes the whole flavour profile of these tacos with its sweet and salty honey-soy glaze. Top them with fresh veggies and a punchy onion pickle for maximum enjoyment of this game changer in fusion cuisine.

Pantry Staples: Olive Oil, Rice Wine Vinegar, Soy Sauce, Honey

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **medium frying pan**



1 PICKLE THE ONION

Thinly slice the **red onion** (see ingredients list). In a small bowl, combine the **rice wine vinegar**, **water** and a **good pinch of sugar** and **salt**. Scrunch the **onion** in your hands, then add to the pickling liquid and stir to coat. Set aside until serving. **TIP:** Toss the onion occasionally so it stays submerged.



2 GET PREPPED

While the onion is pickling, finely chop the **garlic** (or use a garlic press). Grate the **carrot** (unpeeled). Cut the **cucumber** into thin batons. In a small bowl combine, the **Japanese dressing** and the **mayonnaise**.



3 PREP THE BEEF & MARINADE

Thinly slice the **beef rump** into 1cm strips. In a medium bowl, combine the **soy sauce**, **honey** and **garlic**.



4 COOK THE BEEF

In a medium frying pan, heat a **drizzle of olive oil** over a high heat. Add **1/2** the **beef** strips and cook until browned and cooked through, **2-3 minutes**. Transfer to a plate and repeat with the **remaining beef strips**.

TIP: Cooking the meat in batches over a high heat helps it stay tender. Reduce the heat to medium and return the **beef** to the pan. Add the **honey-soy marinade** and cook until fragrant, **1-2 minutes**.



5 HEAT THE TORTILLAS

While the beef is cooking, heat the **mini flour tortillas** in a sandwich press or on a plate in the microwave for **10 second bursts**, or until warmed through.



6 SERVE UP

Drain the pickled onion. Bring everything to the table. Fill the tortillas with the **mixed salad leaves**, carrot, cucumber, honey-soy beef and pickled onion. Drizzle over the Japanese mayo.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
red onion	½	1
rice wine vinegar*	3 tbs	6 tbs
water*	3 tbs	6 tbs
garlic	2	4
carrot	1	2
cucumber	1 (medium)	1 (large)
Japanese dressing	1 tub (30g)	2 tubs (60g)
mayonnaise	1 tub (40g)	2 tubs (80g)
beef rump	1 packet	1 packet
soy sauce*	2 tbs	¼ cup
honey*	1 tbs	2 tbs
mini flour tortillas	6	12
mixed salad leaves	1 bag (30g)	1 bag (60g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3600kJ (860Cal)	590kJ (141Cal)
Protein (g)	47.6g	7.8g
Fat, total (g)	40.2g	6.6g
- saturated (g)	7.6g	1.3g
Carbohydrate (g)	71.0g	11.6g
- sugars (g)	21.3g	3.5g
Sodium (g)	2030mg	333mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589
Hello@HelloFresh.co.nz

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