

Bulgogi Mushroom Tacos

with Slaw & Pickled Onion

Grab your Meal Kit with this symbol



Garlic



Mushrooms



Celery



Asian Stir-Fry Sauce



Onion



Cucumber



Slaw Mix



Garlic Aioli



Mini Flour Tortillas



Fresh Chilli (Optional)



Crispy Shallots

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: 25-35 mins
Ready in: 25-35 mins



Plant Based

Spicy (optional fresh chilli)

Cooking dinner is fun, but constructing dinner just the way you like it, now that's exciting! Make your tacos with earthy mushrooms, pickled onion and a colourful variety of veggies, sprinkled with crispy shallots for a bit of crunch and there you have it, the perfect taco.

Pantry items

Olive Oil, Sesame Oil, Vinegar (White Wine or Rice Wine)

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	1 clove	2 cloves
mushrooms	1 packet	1 packet
celery	1 stalk	2 stalks
Asian stir-fry sauce	½ medium packet	1 medium packet
sesame oil*	½ tsp	1 tsp
water*	¼ cup	½ cup
onion	½	1
vinegar* (white wine or rice wine)	¼ cup	½ cup
cucumber	1 (medium)	1 (large)
slaw mix	1 bag (150g)	1 bag (300g)
garlic aioli	1 large packet	2 large packets
mini flour tortillas	6	12
fresh chilli (optional)	½	1
crispy shallots	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2735kJ (653Cal)	555kJ (132Cal)
Protein (g)	11.8g	2.4g
Fat, total (g)	42.2g	8.6g
- saturated (g)	8.2g	1.7g
Carbohydrate (g)	59.2g	12g
- sugars (g)	15.6g	3.2g
Sodium (mg)	1381mg	280mg

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

Finely chop **garlic**. Chop **mushrooms** into bite-sized chunks. Thinly slice **celery**. In a medium bowl, combine **garlic**, **Asian stir-fry sauce** (see ingredients), the **sesame oil**, the **water** and a pinch of **salt** and **pepper**.



Pickle the onion

Thinly slice **onion** (see ingredients). In a small bowl, combine the **vinegar** and a generous pinch of **salt** and **sugar**. Scrunch **onion** in your hands, then add to **pickling liquid**. Add enough **water** to cover **onion**, then stir to combine. Set aside.



Make the slaw

Thinly slice **cucumber** into half-moons. In a medium bowl, add **slaw mix** and 1/2 the **garlic aioli**. Toss to coat. Season with **salt** and **pepper** to taste.



Cook the mushrooms

In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. When oil is hot, cook **mushrooms** and **celery**, tossing regularly, until softened, **5-8 minutes**. Reduce heat to medium, then add **sauce mixture** and cook, stirring, until reduced, **1-2 minutes**.



Heat the tortillas

While the mushrooms are cooking, heat **mini flour tortillas** on a plate in the microwave for **10 second** bursts, until warmed through.



Serve up

Drain pickled onion. Thinly slice **fresh chilli** (if using). Spread remaining aioli over tortillas, then top with slaw, cucumber, bulgogi mushrooms and pickled onion. Sprinkle over **crispy shallots** and chilli to serve.

Enjoy!