



Quick Honey-Soy Beef Tacos

with Speedy Pickled Onion & Crushed Peanuts

Grab your Meal Kit with this symbol



Garlic



Red Onion



Beef Strips



Carrot



Long Green Chilli (Optional)



Baby Spinach Leaves



Mini Flour Tortillas



Garlic Aioli



Crushed Peanuts



Beef Rump

- Hands-on: **20-30 mins**
- Ready in: **25-35 mins**
- Spicy (optional long green chilli)

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.



CUSTOM RECIPE

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

Pantry items

Olive Oil, Soy Sauce, Honey, 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
red onion	½	1
soy sauce*	2½ tbs	½ cup
honey*	4 tsp	2½ tbs
beef strips	1 packet	1 packet
vinegar* (white wine or rice wine)	¼ cup	½ cup
carrot	1	2
long green chilli (optional)	½	1
baby spinach leaves	1 bag (60g)	1 bag (120g)
mini flour tortillas	8	16
garlic aioli	1 packet (50g)	1 packet (100g)
crushed peanuts	1 packet	2 packets
beef rump**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3536kJ (845Cal)	735kJ (175Cal)
Protein (g)	46.1g	9.6g
Fat, total (g)	41.7g	8.7g
- saturated (g)	10.9g	2.3g
Carbohydrate (g)	67.4g	14g
- sugars (g)	16.9g	3.5g
Sodium (mg)	1839mg	382mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3588kJ (858Cal)	709kJ (169Cal)
Protein (g)	47.6g	9.4g
Fat, total (g)	41.8g	8.3g
- saturated (g)	11.6g	2.3g
Carbohydrate (g)	68.8g	13.6g
- sugars (g)	18g	3.6g
Sodium (mg)	1865mg	369mg

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.

If you have any questions or concerns, please visit hellofresh.co.nz/contact

2022 | CW04

1



Get prepped

- Finely chop **garlic**. Thinly slice **red onion** (see ingredients).
- In a medium bowl, combine **garlic**, **soy sauce** and **honey**. Add **beef strips** and toss to coat. Set aside. In a small bowl, combine **vinegar** and a good pinch of **sugar** and **salt**. Scrunch **onion** in your hands, then add to **pickling liquid** with just enough **water** to cover **onion**. Stir to coat and set aside.

CUSTOM RECIPE

Place beef rump between two sheets of baking paper. Pound beef with a meat mallet or rolling pin until slightly flattened. Season with salt and pepper. Combine beef and honey-soy mixture as above. Continue with step.

3



Cook the beef

- In a large frying pan, heat a drizzle of **olive oil** over a high heat. When oil is hot, cook **beef strips**, in batches, tossing, until browned and cooked through, **1-2 minutes**. Transfer to a plate.
- Meanwhile, microwave **mini flour tortillas** on a plate for **10 second** bursts, until warmed through.

CUSTOM RECIPE

Heat the frying pan as above. When oil is hot, cook beef, turning, for 5-6 minutes (depending on thickness), or until cooked to your liking. Transfer to a plate to rest.

2



Prep the salad

- While the onion is pickling, grate **carrot**. Thinly slice **long green chilli** (if using).
- In a second medium bowl, combine **carrot**, **chilli** and **baby spinach leaves**. Season with **salt** and **pepper** and toss to coat. Set aside.

4



Serve up

- Drain pickled onion.
- Top tortillas with salad, honey-soy beef and speedy pickled onion.
- Spoon over **garlic aioli** and garnish with **crushed peanuts** to serve.

CUSTOM RECIPE

Slice beef, then add to tacos.

Enjoy!