



Japanese Beef Tacos

with Quick-Pickled Cucumber & Toasted Sesame Seeds

Grab your Meal Kit with this symbol 



Cucumber



Ginger



Garlic



Beef Strips



Mixed Sesame Seeds



Mini Flour Tortillas



Japanese Dressing



Slaw Mix



Coconut Sweet Chilli Mayonnaise

 Hands-on: 10-20 mins
Ready in: 20-30 mins

Tender beef strips get an aromatic boost in these speedy tacos inspired by Japanese flavours. With a crisp slaw, nutty sesame seeds and lightly pickled cucumber to bring it all together, these are a fusion of some of the tastiest flavours around!

Pantry items

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

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
cucumber	1 (medium)	1 (large)
vinegar* (white wine or rice wine)	¼ cup	½ cup
water*	¼ cup	½ cup
ginger	1 knob	2 knobs
garlic	1 clove	2 cloves
soy sauce*	2½ tbs	½ cup
honey*	4 tsp	2½ tbs
beef strips	1 packet	1 packet
mixed sesame seeds	1 sachet	2 sachets
mini flour tortillas	8	16
Japanese dressing	1 packet (30g)	2 packets (60g)
slaw mix	1 bag (150g)	1 bag (300g)
coconut sweet chilli mayonnaise	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3720kJ (888Cal)	725kJ (173Cal)
Protein (g)	46.2g	9.0g
Fat, total (g)	42.7g	8.3g
- saturated (g)	6.5g	1.3g
Carbohydrate (g)	74.9g	14.6g
- sugars (g)	19.4g	3.8g
Sodium (mg)	2960mg	577mg

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.



1. Pickle the cucumber

Thinly slice the **cucumber** into batons. In a medium bowl, combine the **vinegar**, **water** and a **generous pinch** of **sugar** and **salt**. Stir, then add the **cucumber** and toss to coat. Set aside until serving.

TIP: *Slicing the cucumber very thinly helps it pickle faster!*

TIP: *Stir the cucumber occasionally so it stays submerged.*



2. Flavour the beef

Finely grate the **ginger** and **garlic** (or use a garlic press). In a medium bowl, combine the **ginger**, **garlic**, **soy sauce** and **honey**. Add the **beef strips** and toss to coat. Set aside.



3. Toast the sesame seeds

Heat a large frying pan over a medium-high heat. Add the **mixed sesame seeds** and toast, tossing, until golden, **3-4 minutes**. Transfer to a small bowl.



4. Cook the beef

Return the pan to a high heat with a **drizzle** of **olive oil**. Add **1/2** the **beef strips**, shaking off any excess marinade back into the bowl, and cook, tossing, until browned, **1-2 minutes**. Transfer to a plate. Repeat with the **remaining beef strips**.

TIP: *Cooking the beef without any excess marinade helps keep it tender without stewing the meat.*



5. Make the slaw

Heat the **mini flour tortillas** in a sandwich press or on a plate in the microwave for **10 second bursts**, until warmed. In a medium bowl, combine the **Japanese dressing** with a **drizzle** of **olive oil**. Add the **slaw mix** and the toasted **sesame seeds** and toss to coat.



6. Serve up

Drain the pickled cucumber. Bring everything to the table to serve. Spread the **coconut sweet chilli mayonnaise** over the tortillas. Top with the Japanese slaw, beef strips and pickled cucumber.

Enjoy!