



Honey-Soy Beef Tacos

with Speedy Pickled Onion & Crushed Peanuts

Grab your Meal Kit with this symbol



Garlic



Beef Strips



Red Onion



Carrot



Cos Lettuce



Long Green Chilli (Optional)



Mini Flour Tortillas



Garlic Aioli



Crushed Peanuts

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 crisp veggies and a punchy pickled onion for maximum enjoyment of this game-changer in fusion cuisine.

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
soy sauce*	2½ tbs	½ cup
honey*	1 tbs	2 tbs
beef strips	1 packet	1 packet
red onion	½	1
vinegar* (white wine or rice wine)	¼ cup	½ cup
carrot	1	2
cos lettuce	½ head	1 head
long green chilli	½	1
mini flour tortillas	8	16
garlic aioli	1 packet (50g)	1 packet (100g)
crushed peanuts	1 packet	2 packets

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3895kJ (930Cal)	737kJ (176Cal)
Protein (g)	47.3g	8.9g
Fat, total (g)	48.4g	9.2g
- saturated (g)	13.1g	2.5g
Carbohydrate (g)	72g	13.6g
- sugars (g)	20.9g	4g
Sodium (mg)	1844mg	349mg

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.



Marinate the beef

Finely chop the **garlic**. In a medium bowl, combine the **garlic, soy sauce** and **honey**. Add the **beef strips**, toss to coat and set aside to marinate.

TIP: If you have time, let the beef marinate for at least 15 minutes to enhance the flavour and increase tenderness.



Cook the beef

In a large frying pan, heat a drizzle of **olive oil** over a high heat. When the oil is hot, cook the **beef strips**, in batches, tossing, until browned and cooked through, **1-2 minutes**. Transfer to a plate.

TIP: Cooking the meat in batches over a high heat keeps it tender.

TIP: You can cook the onion with the beef if you prefer.



Pickle the onion

While the beef is marinating, thinly slice the **red onion** (see ingredients). In a small bowl, combine the **vinegar** and a good pinch of **sugar** and **salt**. Scrunch the **onion** in your hands, then add to the pickling liquid with just enough **water** to cover the onion. Stir to coat and set aside until serving.

TIP: If you don't like pickled onion, skip this step and cook the onion in step 4 with the beef!



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**, until warmed through.



Prep the salad

While the onion is pickling, grate the **carrot**. Shred the **cos lettuce** (see ingredients). Thinly slice the **long green chilli** (if using). In a second medium bowl, combine the **carrot, lettuce** and **chilli**. Season with **salt** and **pepper** and toss to coat. Set aside.



Serve up

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

Enjoy!