

## **SPEEDY BBQ BEEF TACOS**

with Cheddar & Charred Corn





Make your own BBQ mayo



Sweetcorn



Cos Lettuce Leaves



Cucumber



Cheddar Cheese



**BBQ Sauce** 





All-American Spice Blend

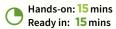


**Beef Strips** 





Pantry Staples: Olive Oil



Set your timers for the quickest dinner around! This all-American taco has the flavours of a cheeseburger but wrapped up in a soft tortilla. With tender beef strips and a creamy BBQ mayonnaise, this is fast food but not as you know it!

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



TGET PREPPED
Drain the sweetcorn (see ingredients list). Shred the cos lettuce leaves. Slice the cucumber into long matchsticks. Grate the Cheddar cheese.



2 MAKE THE BBQ MAYO
In a small bowl, combine the BBQ sauce
and mayonnaise and set aside.



CHAR THE CORN
Heat a large frying pan over a high
heat. Add the **sweetcorn** and cook, tossing,
for **4-5 minutes** or until golden and lightly
charred. Transfer to a plate.



4 COOK THE BEEF
In a medium bowl, toss together the AllAmerican spice blend and beef strips with
a drizzle of olive oil. Return the frying pan to
a high heat with a drizzle of olive oil. Once
hot, add 1/2 the beef strips and cook, tossing
for 1-2 minutes, or until browned and cooked
through. Transfer to a plate and repeat with
the remaining beef strips. \*TIP: Cooking the
meat in batches over high heat keeps it tender.



5 HEAT THE TORTILLAS
Heat the mini flour tortillas in
a sandwich press or on a plate in the
microwave for 10 second bursts, or until
warmed through.



SERVE UP
Bring everything to the table to serve.
Spread the base of the tacos with the BBQ mayo and top with the shredded cos lettuce, cucumber matchsticks, spiced beef strips, charred corn and grated Cheddar cheese.

## **ENJOY!**

## INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
sweetcorn	<b>½ tin</b> (150 g)	1 tin (300 g)
cos lettuce leaves	1 bag	2 bags
cucumber	1	2
Cheddar cheese	<b>1 block</b> (50 g)	1 block (100 g)
BBQ sauce	<b>1 tub</b> (40 g)	2 tubs (80 g)
mayonnaise	<b>1 tub</b> (40 g)	2 tubs (80 g)
All-American spice blend	1 sachet	2 sachets
beef strips	1 packet	1 packet
mini flour tortillas	6	12

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3280kJ (785Cal)	639kJ (153Cal)
Protein (g)	49.7g	9.7g
at, total (g)	35.3g	6.9g
saturated (g)	10.4g	2.0g
Carbohydrate (g)	61.7g	12.0g
sugars (g)	16.7g	3.3g
Sodium (g)	1520mg	296mg

For allergens and ingredient information, visit **HelloFresh.co.nz/recipes** 

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