



# SPEEDY KOREAN BEEF TACOS

with Cheat's Pickled Onions & Garlic Aioli



Master a cheat's pickled onion technique



Beef Strips



Garlic



Red Onion



Carrot



Cos Lettuce Leaves



Mini Flour Tortillas



Garlic Aioli



Long Red Chilli (Optional)

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

Mexican Korean fusion? Yeah, that's right, tonight we're getting trendy on you. Don't worry though, after you've tried our easy pickle on this colourful taco, you'll be glad we did.

**Pantry staples:** Olive Oil, Soy Sauce, Vinegar (White or Red Wine), Honey, Water, Salt, Sugar

# BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, garlic crusher, two medium bowls, small bowl, box grater, medium frying pan, wooden spoon, plate, sandwich press or microwave and a spoon.**



## 1 MARINATE THE BEEF

Peel and crush the **garlic**. Place the garlic, **beef strips, soy sauce and honey** in a medium bowl. Toss to coat the beef and set aside to marinate. **TIP:** *If you have time, marinate the beef for at least **15 minutes** to enhance the flavour and increase tenderness.*



## 2 PICKLE THE ONION

While the beef is marinating, finely slice the **red onion (use suggested amount)**. **TIP:** *If you have a mandolin, feel free to use it to slice the onion extra thin.* Place the onion, **vinegar, water (check the ingredients list of the amount), salt (use suggested amount)** and **sugar** in a small bowl. Stir to coat the onion in the liquid and set aside until just before serving. **TIP:** *If you don't like raw onion you can cook it all in step 4 with the beef.*



## 3 PREP THE SALAD

While the onion is pickling, grate the **carrot** (unpeeled). Finely slice the **cos lettuce leaves**. Finely slice the **long red chilli** (if using). Place the carrot, lettuce and chilli (if using) in a second medium bowl. **Drizzle** with **olive oil**, toss to coat and set aside. Season to taste with a **pinch of salt and pepper**.



## 4 COOK THE KOREAN BEEF

Heat a **drizzle of olive oil** in a medium frying pan over a high heat. Once hot, add **1/2 of the beef strips** and cook for **3-4 minutes**, or until browned and cooked through. Set aside on a plate and repeat with the remaining beef strips. **TIP:** *Cooking the meat in batches over a high heat allows it to brown, stops it from stewing in the pan and ensures a tender result.* **TIP:** *You can cook the red onion with the beef if you like.*



## 5 WARM 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. Just before serving, drain the liquid from the **pickled onions**.



## 6 SERVE UP

Divide the flour tortillas between plates and top with the salad, the Korean beef and the pickled onion. Top with a dollop of **garlic aioli**.

**ENJOY!**

# 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
beef strips	1 packet	1 packet
soy sauce*	2 tbs	4 tbs
honey*	1 tbs	2 tbs
red onion	½	1
vinegar* (white or red wine)	¼ cup	½ cup
water*	¼ cup	½ cup
salt*	1 tsp	2 tsp
sugar*	3 tsp	1½ tbs
carrot	1	2
cos lettuce leaves	1 bag	1 bag
long red chilli (optional)	1	2
mini flour tortillas	6	12
garlic aioli	1 tub (50 g)	2 tubs (100 g)

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3300kJ (789Cal)	607kJ (145Cal)
Protein (g)	44.3g	8.1g
Fat, total (g)	35.3g	6.5g
- saturated (g)	6.4g	1.2g
Carbohydrate (g)	67.4g	12.4g
- sugars (g)	24.8g	4.6g
Sodium (g)	2410mg	443mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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2018 | WK5 | C

