



Quick Sweet Chilli Asian Beef Tacos

with Pea Pod Sesame Slaw & Cucumber

KID FRIENDLY



Grab your Meal Kit with this symbol



Cucumber



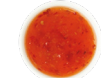
Pea Pods



Carrot



Oyster Sauce



Sweet Chilli Sauce



Beef Mince



Shredded Cabbage Mix



Sesame Dressing



Mini Flour Tortillas



Coriander



Beef Mince

Prep in: 15-25 mins
Ready in: 15-25 mins

Now this one has all the additions that deserve some serious recognition. You've got oyster and sweet chilli-glazed beef mince as tonight's protein of choice and when paired with crispy veggies and a sesame slaw, you'll want every night to be taco night!

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

Pantry items

Olive Oil, Soy Sauce

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cucumber	1	2
pea pods	1 small packet	1 medium packet
carrot	1	2
oyster sauce	1 medium packet	1 large packet
sweet chilli sauce	1 small packet	2 small packets
soy sauce*	1 tsp	2 tsp
beef mince	1 medium packet	2 medium packets OR 1 large packet
shredded cabbage mix	1 medium packet	1 large packet
sesame dressing	2 medium packets	4 medium packets
mini flour tortillas	6	12
coriander	1 packet	1 packet
beef mince**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2974kJ (711Cal)	557kJ (133Cal)
Protein (g)	39.5g	7.4g
Fat, total (g)	32.2g	6g
- saturated (g)	8.6g	1.6g
Carbohydrate (g)	63.7g	11.9g
- sugars (g)	23.9g	4.5g
Sodium (mg)	2370mg	444mg
Dietary Fibre (g)	11.3g	2.1g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3920kJ (937Cal)	595kJ (142Cal)
Protein (g)	67g	10.2g
Fat, total (g)	45g	6.8g
- saturated (g)	14.3g	2.2g
Carbohydrate (g)	63.7g	9.7g
- sugars (g)	23.9g	3.6g
Sodium (mg)	2444mg	371mg
Dietary Fibre (g)	11.3g	1.7g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns



Get prepped

- Cut **cucumber** into thin sticks.
- Trim and thinly slice **pea pods** lengthways.
- Grate **carrot**.
- In a small bowl, combine **oyster sauce**, **sweet chilli sauce** and the **soy sauce**.

Little cooks: Take charge by combining the sauces!



Make the slaw & heat the tortillas

- In a medium bowl, combine **carrot**, **shredded cabbage mix**, **pea pods** and **sesame dressing**.
- Microwave **mini flour tortillas** on a plate in **10-second** bursts until warmed through.

Little cooks: Take the lead by combining the ingredients for the slaw!



Cook the beef

- Heat a large frying pan over high heat (no need for oil). Cook **beef mince**, breaking up with a spoon, until just browned, **4-5 minutes**.
- Remove from heat. Stir in **sauce mixture** until combined. Season with **pepper**.

TIP: For best results, drain the oil from the pan before cooking the sauce.

Custom Recipe: If you've doubled your beef mince, cook beef for an extra 2-3 minutes before adding the sauce mixture.



Serve up

- Fill tortillas with sesame slaw, oyster-sweet chilli beef and cucumber.
- Tear over **coriander** to serve. Enjoy!

Little cooks: Take the lead and help build the tacos!

Rate your recipe

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