



DINNER - ASIAN BEEF TACOS

LUNCH - SWEET CHILLI BEEF RICE BOWL

DINNER TO LUNCH

Cook once,
eat twice!

DINNER



LUNCH



Red Onion



Garlic



Ginger



Carrot



Cos Lettuce



Beef Mince



Sesame Seeds



Oyster Sauce



Mini Flour
Tortillas



Garlic Aioli



Crispy Shallots

FOR YOUR LUNCH



Sweetcorn



Sugar Snap
Peas



Lime



Microwavable
Basmati Rice



Sweet Chilli
Sauce



Crushed Peanuts

DINNER

Hands-on: **25-35 mins**
Ready in: **25-35 mins**

LUNCH

Ready in: **5-15 mins**

Cook once, with a twist for lunch. Cook an amazing dinner as usual, then put a new twist on the recipe to create something different for lunch the next day! Whip up an easy taco dinner of ginger-sesame beef and pickled onion, plus a satisfying beef rice bowl with sweet chilli and peanuts for lunch. Extra delicious!

Pantry Staples: Olive Oil, Rice Wine Vinegar,
Soy Sauce, Brown Sugar

BEFORE YOU START

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

- **large frying pan**

DINNER



1 GET PREPPED

Thinly slice the **red onion** (see ingredients list). In a small bowl, combine the **rice wine vinegar (for the onion)** and a **good pinch** of **sugar** and **salt**. Scrunch the **onion** in your hands, then add to the pickling liquid. Add enough water to cover the onion, then stir to coat. Set aside until just before serving time. Finely chop the **garlic** (or use a garlic press). Grate the **ginger**. Grate the **carrot** (unpeeled). Shred the **cos lettuce** (see ingredients list).



4 HEAT THE TORTILLAS

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



2 BROWN THE BEEF MINCE

In a large frying pan, heat a **drizzle** of **olive oil** over a high heat. When the oil is hot, add the **beef mince** and cook, breaking up with a spoon, until browned, **4-5 minutes**.



5 SERVE UP DINNER

Drain the **pickled onion**. Take everything to the table to serve. Build your tacos by spreading a layer of **garlic aioli** over a **tortilla**. Top with a helping of **cos lettuce**, **carrot** and **beef**. Top with **pickled onion** and sprinkle with **crispy shallots**.



3 ADD FLAVOUR TO THE BEEF

Add the **garlic**, **ginger** and **sesame seeds** to the **beef mince** and cook until fragrant, **1 minute**. Add the **oyster sauce**, **soy sauce**, **brown sugar** and **rice wine vinegar (for the beef)** and stir to combine. Cook until thickened slightly, **1 minute**. Reserve **1 cup** of the **beef** for lunch.

LUNCH



6 MAKE LUNCH

When it's time to make your lunch, drain the **sweetcorn**. Trim and halve the **sugar snap peas**. Halve the **lime**. Add the **microwavable basmati rice**, **sweetcorn** and **sugar snap peas** to the **reserved beef**. Stir to combine, then divide between two reusable containers and top with the **lime**. Pack the **sweet chilli sauce** and **crushed peanuts** separately. At lunchtime, remove the **lime** and microwave the **beef rice bowl** until piping hot, **2-3 minutes**. Top with **sweet chilli sauce**, **crushed peanuts** and a **squeeze** of **lime juice**.

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
red onion	½	1
rice wine vinegar* (for the onion)	¼ cup	½ cup
garlic	3 cloves	5 cloves
ginger	1 knob	2 knobs
carrot	1	2
cos lettuce	½ head	1 head
beef mince	1 large packet	1 large & 1 small packet
sesame seeds	1 sachet	2 sachets
oyster sauce	1 tub (100g)	3 tubs (150g)
soy sauce*	2 tsp	3 tsp
brown sugar*	1 tbs	1½ tbs
rice wine vinegar* (for the beef)	2 tsp	3 tsp
mini flour tortillas	6	12
garlic aioli	1 packet (50g)	1 packet (100g)
crispy shallots	1 packet	2 packets
sweetcorn	1 tin (125g)	1 tin (125g)
sugar snap peas	1 bag (100g)	1 bag (100g)
lime	1	1
microwavable basmati rice	1 packet	1 packet
sweet chilli sauce	2 tubs (50g)	2 tubs (50g)
crushed peanuts	2 packets	2 packets

*Pantry Items

NUTRITION

DINNER	PER SERVING	Per 100G
Energy (kJ)	3680kJ (878Cal)	641kJ (153Cal)
Protein (g)	48.6g	8.5g
Fat, total (g)	42.1g	7.3g
- saturated (g)	9.7g	1.7g
Carbohydrate (g)	70.9g	12.4g
- sugars (g)	23.2g	4.1g
Sodium (g)	2680mg	467mg

LUNCH	PER SERVING	Per 100G
Energy (kJ)	2780kJ (664Cal)	608kJ (145Cal)
Protein (g)	40.4g	8.8g
Fat, total (g)	27.0g	5.9g
- saturated (g)	6.5g	1.4g
Carbohydrate (g)	65.0g	14.2g
- sugars (g)	20.9g	4.6g
Sodium (g)	1310mg	287mg

For allergens and ingredient information, visit

[HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

Please call us with any questions or concerns | (02) 8188 8722

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