


Dinner: Asian Beef Tacos

Lunch: Sweet Chilli Beef Rice Bowl



Grab your Meal Kit with this symbol 



Beef Mince



Ginger Paste



Sesame Seeds



Oyster Sauce



Onion



Garlic



Carrot



Cos Lettuce



Mini Flour Tortillas



Garlic Aioli



Crispy Shallots

For your lunch



Sweetcorn



Sugar Snap Peas



Lime



Microwavable Basmati Rice



Sweet Chilli Sauce



Crushed Peanuts

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

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 items

Olive Oil, Rice Wine Vinegar, Soy Sauce, Brown Sugar

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
beef mince	1 medium packet	1 medium & 1 small packet
ginger paste	1 medium packet	1 large packet
sesame seeds	1 medium packet	1 large packet
oyster sauce	1 packet (100g)	3 packets (150g)
onion	1	2
rice wine vinegar*	¼ cup	½ cup
garlic	3 cloves	5 cloves
carrot	1	2
cos lettuce	½ head	1 head
soy sauce*	½ tbs	1 tbs
brown sugar*	1 tbs	1 ½ tbs
mini flour tortillas	6	12
garlic aioli	1 packet (50g)	1 packet (100g)
crispy shallots	1 medium packet	1 large packet
sweetcorn	1 tin (125g)	1 tin (125g)
sugar snap peas	1 medium bag	1 medium bag
lime	1	1
microwavable basmati rice	1 packet	1 packet
sweet chilli sauce	2 packets (50g)	2 packets (50g)
crushed peanuts	1 large packet	1 large packet

*Pantry Items

Nutrition

Dinner

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3320kJ (792Cal)	646kJ (154Cal)
Protein (g)	36.9g	7.2g
Fat, total (g)	37.7g	7.3g
- saturated (g)	7.9g	1.5g
Carbohydrate (g)	69.2g	13.5g
- sugars (g)	24.3g	4.7g
Sodium (g)	2620mg	511mg

Lunch

Avg Qty	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 (mg)	1310mg	287mg

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.

If you have any questions or concerns, please visit hellofresh.com.au/contact

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Get prepped

Thinly slice **onion**. In a small bowl, combine the **rice wine vinegar** and a good pinch of **sugar** and **salt**. Scrunch sliced **onion** in your hands, then add to **pickling liquid**. Add enough **water** to just cover the **onion**, then set aside. Finely chop **garlic**. Grate **carrot**. Shred **cos lettuce** (see ingredients).



Heat the tortillas

Microwave **mini flour tortillas** on a plate in **10 second** bursts, until warmed through.



Brown the beef mince

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



Serve dinner

Drain pickled onion. Build your tacos by spreading a layer of **garlic aioli** over the base of each tortilla. Top with a helping of cos lettuce, carrot, Asian beef and pickled onion. Sprinkle with **crispy shallots** to serve.



Make it saucy

Add **garlic**, **ginger paste** and **sesame seeds** to the beef and cook until fragrant, **1 minute**. Add **oyster sauce**, the **soy sauce** and **brown sugar**, stirring to combine. Cook until thickened slightly, **1 minute**. Remove from heat. Transfer two portions of **beef** to a bowl and reserve for lunch.



Make lunch

When you're ready to pack lunch, drain **sweetcorn**. Trim **sugar snap peas** and slice in half. Cut **lime** in half. To bowl with the reserved beef, add **microwavable basmati rice**, sweetcorn and snap peas. Stir to combine, then divide between two reusable containers. Top with lime. Pack **sweet chilli sauce** and **crushed peanuts** separately. At lunchtime, remove lime from containers. Microwave beef mixture until piping hot, **2-3 minutes**. Top with sweet chilli sauce, crushed peanuts and a squeeze of lime to serve.

Enjoy!