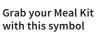


# Dinner: Asian Beef Tacos Lunch: Sweet Chilli Beef Rice Bowl









Sweet Chilli Crushed Peanuts Sauce

**Pantry items** 

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



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!

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#### 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*	1⁄4 cup	½ cup
garlic	3 cloves	5 cloves
carrot	1	2
cos lettuce	½ head	1 head
soy sauce*	1⁄2 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	
Ava Otu	

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		
LUIIOII		
Avg Qty	Per Serving	Per 100g
	Per Serving 2780kJ (664Cal)	Per 100g 608kJ (145Cal)
Avg Qty		
Avg Qty Energy (kJ)	2780kJ (664Cal)	608kJ (145Cal)
Avg Qty Energy (kJ) Protein (g)	2780kJ (664Cal) 40.4g	608kJ (145Cal) 8.8g
Avg Qty Energy (kJ) Protein (g) Fat, total (g)	2780kJ (664Cal) 40.4g 27.0g	608kJ (145Cal) 8.8g 5.9g
Avg Qty Energy (kJ) Protein (g) Fat, total (g) - saturated (g)	2780kJ (664Cal) 40.4g 27.0g 6.5g	608kJ (145Cal) 8.8g 5.9g 1.4g
Avg Qty Energy (kJ) Protein (g) Fat, total (g) - saturated (g) Carbohydrate (g)	2780kJ (664Cal) 40.4g 27.0g 6.5g 65.0g	608kJ (145Cal) 8.8g 5.9g 1.4g 14.2g

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 2022 | CW14



## 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).



#### 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**.



# 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.



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



#### 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 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!