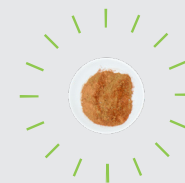




# ASIAN-STYLE BEEF & CHOPPED SALAD TACOS

with Garlic Aioli



Add an Asian spice to  
your favourite taco



Carrot



Garlic



Cucumber



Beef Mince



Cos Lettuce



Long Red Chilli (Optional)



Sesame Seeds



Five Spice Sesame Blend



Mini Flour Tortillas



Garlic Aioli



Red Onion



Hands-on: **30** mins

Ready in: **35** mins



Spicy (optional long  
red chilli)

We love a bit of fusion here and there (and we don't mean the combo of jazz and funk, though that certainly livens up the kitchen!). The addition of Five Spiced Beef to these tacos is a wonderful marriage of Asian and Mexican cuisines that'll have you clawing for seconds, but they'll be popular, so fill 'em up, grab what you can and go go go!

**Pantry Staples:** Olive Oil, Soy Sauce, Sesame Oil, Sugar, Rice Wine Vinegar (or White Wine Vinegar)



## 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, box grater, small bowl, spoon, large frying pan, wooden spoon** and a **sandwich press** or **microwave**.



### 1 GET PREPPED

Peel and crush the **garlic**. Finely slice the **red onion**. Grate the **carrot** (unpeeled). **TIP:** Keep the skin on the carrot to retain its nutrients! Finely shred the **cos lettuce**. Dice the **cucumber**. Finely chop the **long red chilli** (if using). **TIP:** Some like it hot but if you or your children don't, just hold back or omit the chilli.



### 2 MAKE THE GARLIC-SOY SAUCE

In a small bowl, combine the **soy sauce, sesame oil, sugar, rice wine vinegar** and **garlic**. Set aside.



### 3 TOAST THE SESAME SEEDS

Heat a large frying pan over a medium-high heat. Add the **sesame seeds** and toast, stirring, for **3-4 minutes**, or until golden. Remove from the pan and set aside.



### 4 COOK THE BEEF

Return the same large pan to a medium-high heat and add a **drizzle** of **olive oil**. Add the **red onion** and cook for **3-4 minutes**, or until softened. Add the **beef mince** and **1 sachet** of the **Five Spice Sesame blend** and cook, breaking up with a wooden spoon, for **4-5 minutes**, or until browned. **TIP:** Taste the beef once it's cooked - feel free to add the remaining sachet of Five Spice!



### 5 ADD FLAVOUR TO THE BEEF

Add the **garlic-soy sauce** to the pan with the beef and cook for a further **3-4 minutes**, or until the beef is caramelised and the sauce is absorbed.

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



### 6 SERVE UP

Divide the mini tortillas between plates and top with the cos lettuce, cucumber, carrot and Asian-style beef. Dollop with **garlic aioli** and sprinkle over the toasted sesame seeds. Top the adults' portions with the long red chilli (if using).

ENJOY!

## 4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
garlic	2 cloves
red onion	1
carrot	2
cos lettuce	2 bags
cucumber	2
long red chilli (optional)	2
soy sauce*	2 tbs
sesame oil*	2 tsp
sugar*	2 tsp
rice wine vinegar* (or white wine vinegar)	1 tbs
sesame seeds	2 packets
beef mince	1 packet
Five Spice Sesame blend	2 sachets (1 tbs)
mini flour tortillas	12
garlic aioli	1 tub (100 g)

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3210kJ (768Cal)	628kJ (150Cal)
Protein (g)	42.6g	8.3g
Fat, total (g)	39.9g	7.8g
- saturated (g)	7.8g	1.5g
Carbohydrate (g)	54.3g	10.6g
- sugars (g)	11.5g	2.2g
Sodium (g)	1040mg	203mg

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

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[Hello@HelloFresh.com.au](mailto:Hello@HelloFresh.com.au)

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