



# Japanese Beef & Pear Tacos

with Sesame Mayo & Crispy Shallots

Grab your Meal Kit with this symbol 



Garlic



Sesame Oil Blend



Sesame Seeds



Beef Strips



Mayonnaise



Carrot



Pear



Shredded Red Cabbage



Mini Flour Tortillas



Crispy Shallots

 Hands-on: **20-30 mins**  
Ready in: **25-35 mins**

It's a well-known fact that when we combine Japanese flavours in these handheld delights, they go down a treat. With crunchy veggies and an umami-rich sesame mayo to top it off, you'll be wanting more with every bite!

**Pantry items**  
Olive Oil, Soy Sauce, Honey, Sugar, Rice Wine Vinegar

## 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
garlic	1 clove	2 cloves
soy sauce* (for the beef)	2 tbs	½ cup
honey*	1 tbs	2 tbs
sesame oil blend	1 tub	2 tubs
sesame seeds	1 sachet	2 sachets
beef strips	1 packet	1 packet
soy sauce* (for the sauce)	1½ tsp	3 tsp
sugar*	1 tsp	2 tsp
rice wine vinegar*	1 tsp	2 tsp
mayonnaise	1 packet (40g)	2 packets (80g)
carrot	1	2
pear	1	2
shredded red cabbage	1 bag (150g)	1 bag (300g)
mini flour tortillas	6	12
crispy shallots	1 packet	2 packets

\*Pantry Items

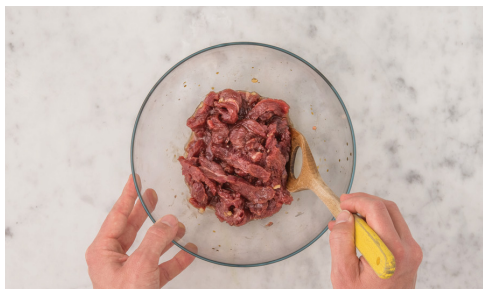
### Nutrition

	Per Serving	Per 100g
Energy (kJ)	3833kJ (916Cal)	746kJ (178Cal)
Protein (g)	50.9g	9.9g
Fat, total (g)	45.5g	8.9g
- saturated (g)	6.9g	1.3g
Carbohydrate (g)	69.5g	13.5g
- sugars (g)	26.8g	5.2g
Sodium (mg)	1651mg	321mg

### Allergens

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

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



## 1. Marinate the beef

Finely chop the **garlic** (or use a garlic press). In a medium bowl, combine the **garlic, soy sauce (for the beef), honey** and **1/2 the sesame oil blend**. Add the **beef strips**, toss to coat and set aside to marinate.

**TIP:** If you have time, let the beef marinate for at least **15 minutes** to enhance the flavour and increase tenderness.



## 4. Cook the beef

Return the frying pan to a high heat with a **drizzle** of **olive oil**. When the oil is hot, add **1/2 the beef strips** and cook in batches, tossing, until browned and cooked through, **1-2 minutes**. Transfer to a plate. Add the **remaining beef marinade** in the last minute of cook time and cook until bubbling.

**TIP:** Cooking the meat in batches over a high heat keeps it tender.

**TIP:** The beef may char a bit in the pan, this just adds to the flavour!



## 2. Make the sesame mayo

Heat a large frying pan over a medium-high heat. Add the **sesame seeds** and toast, tossing, until golden, **3-4 minutes**. Transfer to a small bowl. Add the **soy sauce (for the sauce), sugar, rice wine vinegar, mayonnaise** and the **remaining sesame oil blend**. Mix well and set aside.

**TIP:** The hot sesame seeds might sizzle in the sauce, this adds to the flavour!



## 5. Warm the tortillas

While the beef is cooking, heat the **mini flour tortillas** in a sandwich press, or on a plate in the microwave for **10 second bursts**, until warmed through.



## 3. Get prepped

Grate the **carrot** (unpeeled). Thinly slice the **pear**. In a medium bowl, combine **1/2 the sesame mayo** with the **shredded red cabbage**. Toss to coat.



## 6. Serve up

Take everything to the table to serve. Fill the tortillas with the dressed red cabbage, grated carrot, pear and beef strips. Drizzle over the remaining beef marinade, sesame mayo and sprinkle with the **crispy shallots**.

## Enjoy!