



# Japanese Beef Tacos

with Quick Pickled Cucumber



Grab your Meal Kit with this symbol



Cucumber



Ginger



Garlic



Beef Strips



Mixed Sesame Seeds



Mini Flour Tortillas



Japanese Dressing



Slaw Mix



Garlic Aioli

Hands-on: **10-20** mins  
Ready in: **20-30** mins

Tender beef strips get an aromatic boost in these speedy tacos inspired by Japanese flavours. With a crisp slaw, nutty sesame seeds and lightly pickled cucumber to bring it all together, these are a fusion of some of the tastiest flavours around!

### Pantry items

Olive Oil, Vinegar (White Wine or Rice Wine), Sugar, Soy Sauce, Honey



## 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
cucumber	1	2
vinegar* (white wine or rice wine)	2 tbs	½ cup
sugar*	1 tsp	2 tsp
salt*	1 tsp	2 tsp
ginger	1 knob	2 knobs
garlic	1 clove	2 cloves
soy sauce*	2 tbs	½ cup
honey*	1 tbs	2 tbs
beef strips	1 packet	1 packet
mixed sesame seeds	1 sachet	2 sachets
mini flour tortillas	6	12
Japanese dressing	1 tub (30g)	2 tubs (60g)
slaw mix	1 bag (150g)	1 bag (300g)
garlic aioli	1 packet (50g)	1 packet (100g)

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	3340kJ (798Cal)	709kJ (169Cal)
Protein (g)	41.7g	8.9g
Fat, total (g)	41.0g	8.7g
- saturated (g)	5.9g	1.3g
Carbohydrate (g)	60.2g	12.8g
- sugars (g)	18.3g	3.9g
Sodium (g)	2600mg	552mg

### Allergens

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

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



## 1. Pickle the cucumber

Thinly slice the **cucumber** into batons. In a medium bowl, combine the **vinegar**, **sugar** and **salt**. Stir to dissolve and add the **cucumber**. Toss to coat, then set aside, tossing every few minutes to coat in the pickling liquid.

**TIP:** *Slicing the cucumber very thin helps it pickle faster!*



## 2. Flavour the beef

Finely grate the **ginger**. Finely grate the **garlic** (or use a garlic press). In a medium bowl, combine the **ginger**, **garlic**, **soy sauce** and **honey**. Add the **beef strips** and toss to coat.



## 3. Toast the sesame seeds

Heat a large frying pan over a medium-high heat. Add the **mixed sesame seeds** and toast, tossing, until golden, **3-4 minutes**. Transfer to a small bowl.



## 4. Cook the beef

Return the pan to a high heat with a **drizzle** of **olive oil**. Add **1/2** the **beef strips**, shaking off any excess marinade, and cook, tossing, until browned, **1-2 minutes**. Transfer to a plate. Repeat with the **remaining beef strips**.

**TIP:** *Cooking the beef without any excess marinade helps keep it tender without stewing the meat.*



## 5. Heat the tortillas

Heat the **mini flour tortillas** in a sandwich press or on a plate in the microwave for **10 second bursts** until warm. In a medium bowl, combine the **Japanese dressing** with a **drizzle** of **olive oil**. Add the **slaw mix** and the toasted **sesame seeds** and toss to coat.



## 6. Serve up

Bring everything to the table to serve. Spread the tortillas with the **garlic aioli** and fill with the Japanese slaw, beef strips and pickled cucumber.

**Enjoy!**