



# Sichuan Garlic Beef Tacos

with Pickled Onion & Peanuts

Grab your Meal Kit  
with this symbol



Red Onion



Capsicum



Roasted Peanuts



Cos Lettuce



Carrot



Sichuan Garlic  
Paste



Mini Flour  
Tortillas



Beef Mince



Mayonnaise

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

If you like bold flavours and Asian cuisines, you'll love food from the Sichuan province in China! We've dialed down the chilli but kept the tasty garlic and umami flavours for an easy-to-eat sauce that will appeal to everyone. And for an unauthentic but totally fun twist, use the flavoursome combination in tacos!

## Pantry items

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



## 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
red onion	½	1
rice wine vinegar* (or white wine vinegar)	¼ cup	½ cup
capsicum	1	2
roasted peanuts	1 sachet	2 sachets
cos lettuce	½ bag	1 bag
carrot	1	2
soy sauce*	1½ tbs	¼ cup
Sichuan garlic paste	1 packet	2 packets
water*	1½ tsp	3 tsp
mini flour tortillas	6	12
beef mince	1 medium packet	1 large packet
mayonnaise	1 packet (40g)	2 packets (80g)

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	4218kJ (1008Cal)	647kJ (154Cal)
Protein (g)	48g	7.4g
Fat, total (g)	56.7g	8.7g
- saturated (g)	9.9g	1.5g
Carbohydrate (g)	69.2g	10.6g
- sugars (g)	26.8g	4.1g
Sodium (mg)	1776mg	272mg

## 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



### Pickle the onion

Thinly slice the **red onion** (see ingredients). In a small bowl, combine the **rice wine vinegar** and a good pinch of **sugar** and **salt**. Scrunch the **red onion** in your hands, then add to the pickling liquid. Add enough water to cover the **onion** and stir to coat. Set aside until serving.

2



### Get prepped

Thinly slice the **capsicum**. Roughly chop the **roasted peanuts**. Shred the **cos lettuce** (see ingredients). Grate the **carrot** (unpeeled).

3



### Make the sauce

In a small bowl, combine the **soy sauce**, **Sichuan garlic paste** and **water**. Set aside.

4



### Cook the beef & capsicum

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **capsicum** and **beef mince**, breaking up with a spoon, until just browned, **4-5 minutes**. Remove from the heat and add the **Sichuan garlic soy mix** and stir until heated through.

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 warmed through.

6



### Serve up

Drain the pickled onion. Bring everything to the table to serve. Build your tacos by spreading some **mayonnaise** on each tortilla. Top with some grated carrot, cos lettuce, beef and and pickled onion. Sprinkle the peanuts over the tacos to serve.

### Enjoy!