



Sichuan Garlic Beef Tacos

with Pickled Onion & Peanuts

Grab your Meal Kit
with this symbol



Red Onion



Cucumber



Carrot



Roasted Peanuts



Cos Lettuce



Sichuan Garlic
Paste



Beef Mince



Mini Flour
Tortillas



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.

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)	3 tbs	6 tbs
cucumber	1	2
carrot	1	2
roasted peanuts	1 medium packet	2 medium packets
cos lettuce	½ head	1 head
soy sauce*	1½ tbs	3 tbs
Sichuan garlic paste	1 packet	2 packets
water*	1½ tsp	3 tsp
beef mince	1 medium packet	1 large packet
mini flour tortillas	6	12
mayonnaise	1 packet (40g)	2 packets (80g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3456kJ (826Cal)	578kJ (138Cal)
Protein (g)	42.6g	7.1g
Fat, total (g)	42g	7g
- saturated (g)	8.3g	1.4g
Carbohydrate (g)	62.8g	10.5g
- sugars (g)	21.7g	3.6g
Sodium (mg)	1845mg	309mg

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](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 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 just enough **water** to cover the **onion** and stir to coat. Set aside until serving.

2



Get prepped

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

3



Make the sauce

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

4



Cook the beef

Heat a large frying pan over a medium-high heat with a drizzle of **olive oil**. Cook the **beef mince**, breaking up with a spoon, until browned, **4-5 minutes**. Remove from the heat and add the **Sichuan sauce mixture** and cook, stirring, until heated through.

5



Heat the tortillas

Microwave the **mini flour tortillas** on a plate 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 cos lettuce, cucumber, grated carrot, Sichuan beef and pickled onion. Sprinkle over the peanuts.

Enjoy!