



Quick Sichuan Garlic Beef Tacos

with Pickled Onion & Peanuts



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**

In this fresh and fun Sichuan-inspired dish, we've dialed down the chilli but kept the rich garlic and umami flavours for a juicy beef filling that will be a hit with 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) | ¼ cup | ½ cup |
| cucumber | 1 | 2 |
| carrot | 1 | 2 |
| roasted peanuts | 1 medium packet | 1 large packet |
| cos lettuce | ½ head | 1 head |
| soy sauce* | 1 ½ tbs | 3 tbs |
| Sichuan garlic paste | 1 packet | 2 packets |
| water* | 1 ½ tsp | 3 tsp |
| beef mince | 1 small packet | 1 medium packet |
| mini flour tortillas | 6 | 12 |
| mayonnaise | 1 packet (40g) | 2 packets (80g) |

*Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 3734kJ (892Cal) | 644kJ (153Cal) |
| Protein (g) | 42.9g | 7.4g |
| Fat, total (g) | 48.4g | 8.4g |
| - saturated (g) | 9g | 1.6g |
| Carbohydrate (g) | 64.4g | 11.1g |
| - sugars (g) | 22.5g | 3.9g |
| Sodium (mg) | 1659mg | 286mg |

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



Get prepped

- Thinly slice **red onion** (see ingredients). In a small bowl, combine **rice wine vinegar** and a good pinch of **sugar** and **salt**. Scrunch the **red onion** in your hands, then add to **pickling liquid**. Add just enough **water** to cover the **onion** and stir to coat. Set aside.
- Thinly slice **cucumber**. Grate **carrot**. Roughly chop **roasted peanuts**.
- Shred **cos lettuce** (see ingredients).

3



Heat the tortillas

- Microwave **mini flour tortillas** for 10 second bursts, until warmed through.

2



Cook the beef

- In a small bowl, combine the **soy sauce**, **Sichuan garlic paste** and the **water**. Set aside.
- In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat.
- Cook **beef mince**, breaking up with a spoon, until browned, **4-5 minutes**. Remove pan from heat, then pour in the **Sichuan soy mixture**. Stir until combined and heated through.

4



Serve up

- Drain pickled onion.
- Build your tacos by spreading some **mayonnaise** over each tortilla. Top with some cos lettuce, cucumber, grated carrot, Sichuan beef and pickled onion.
- Sprinkle with peanuts to serve.

Enjoy!

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