



American BBQ Beef Tacos

with Cheddar & Charred Corn

Grab your Meal Kit with this symbol



Sweetcorn



Cos Lettuce



Cucumber



Tomato



BBQ Sauce



Mayonnaise



All-American Spice Blend



Beef Strips



Mini Flour Tortillas



Shredded Cheddar Cheese

Hands-on: 15-25 mins
Ready in: 15-25 mins

You can't beat tacos for an easy, satisfying meal the whole family will love. So here's a new combo to get your tastebuds tingling, with BBQ mayo, smokey spiced beef, fresh salad ingredients and shredded Cheddar to top it all off.

Pantry items

Olive Oil

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
sweetcorn	1 tin (125g)	1 tin (300g)
cos lettuce	½ head	1 head
cucumber	1	2
tomato	1	2
BBQ sauce	½ packet (20g)	1 packet (40g)
mayonnaise	1 packet (40g)	1 packet (100g)
All-American spice blend	1 sachet	2 sachets
beef strips	1 small packet	1 large packet
mini flour tortillas	6	12
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3450kJ (824Cal)	671kJ (160Cal)
Protein (g)	51.7g	10.1g
Fat, total (g)	41.2g	8g
- saturated (g)	9.5g	1.8g
Carbohydrate (g)	56.9g	11.1g
- sugars (g)	14.6g	2.8g
Sodium (g)	1306mg	254mg

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

Drain the **sweetcorn**. Shred the **cos lettuce**. Slice the **cucumber** into long matchsticks. Roughly chop the **tomato**.



2. Make the BBQ mayo

In a small bowl, combine the **BBQ sauce** and **mayonnaise** and set aside.



3. Char the corn

Heat a large frying pan over a high heat. Add the **corn kernels** and cook, tossing, until golden and lightly charred, **4-5 minutes**. Transfer to a plate.

TIP: Cover the pan with a lid or foil if the kernels are "popping" out.



4. Cook the beef

In a medium bowl, toss together the **All-American spice blend**, **beef strips**, a **drizzle of olive oil** and a **pinch of salt and pepper**. Return the frying pan to a high heat with a **drizzle of olive oil**. Add **1/2** the **beef strips** and cook until browned, **1-2 minutes**. Transfer to a plate and repeat with the **remaining beef strips**.

TIP: Cooking the beef in batches on a high heat prevents the meat from stewing and ensures a tender result.



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

Bring everything to the table to serve. Spread the base of the tortillas with the BBQ mayo and top with the shredded cos lettuce, cucumber matchsticks, spiced beef strips, charred corn, chopped tomato and **shredded Cheddar cheese**.

Enjoy!