



American BBQ Beef Tacos

with Cheddar & Charred Corn

Grab your Meal Kit with this symbol



Sweetcorn



Cos Lettuce



Cucumber



Tomato



Cheddar Cheese



BBQ Sauce



Mayonnaise



All-American Spice Blend



Beef Strips



Mini Flour Tortillas

Hands-on: 25 mins
Ready in: 35 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, spiced beef, a charred corn salad 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 too.

You will need

Large frying pan

Ingredients

	4 People
olive oil*	refer to method
sweetcorn	1 tin
cos lettuce	1 head
cucumber	1
tomato	2
Cheddar cheese	1 packet (100g)
BBQ sauce	1 packet (40g)
mayonnaise	1 packet (100g)
All-American spice blend	2 sachets
beef strips	1 packet
mini flour tortillas	12

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3430kJ (819Cal)	607kJ (145Cal)
Protein (g)	50.7g	9.0g
Fat, total (g)	38.5g	6.8g
- saturated (g)	10.8g	1.9g
Carbohydrate (g)	61.9g	11.0g
- sugars (g)	15.5g	2.7g
Sodium (g)	1500mg	267mg

Allergens

Please visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes) for allergen information. If you have received a substitute ingredient, please be aware allergens may have changed. Always read product labels for the most up-to-date allergen information.



1. Get prepped

Drain the **sweetcorn**. Shred the **cos lettuce**. Thinly slice the **cucumber** into batons. Roughly chop the **tomato**. Grate the **Cheddar cheese**.



2. Make the BBQ mayo

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



3. Char the corn

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

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



4. Cook the beef

In a medium bowl, combine 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**.



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 tacos with the BBQ mayo and top with the shredded cos lettuce, cucumber, American beef strips, charred corn, tomato and grated Cheddar cheese.

Enjoy!