



BULGOGI MUSHROOM TACOS

with Slaw & Pickled Onion



Use field mushrooms
in a taco filling



Garlic



Zucchini



Field Mushrooms



Red Onion



Cucumber



Long Red Chilli
(Optional)



Slaw Mix



Garlic Aioli



Mini Flour
Tortillas



Crispy Shallots



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



Low calorie



Spicy (optional
long red chilli)

Put all the flavour and sizzle of Korean bulgogi into mushrooms – trust us, it's a winner! Then, add tangy quick-pickled onion, crisp cucumber and a creamy slaw, wrap it all up in soft flour tortillas and settle in for a flavourful veggie feast.

Pantry Staples: Olive Oil, Soy Sauce, Honey,
Vinegar (White Wine Or Rice Wine)

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **medium frying pan**



1 MARINATE THE MUSHROOM & ZUCCHINI

Finely chop the **garlic** (or use a garlic press). In a medium bowl, combine the **garlic, soy sauce** and **honey**. Chop the **zucchini** and **field mushrooms** into 2cm chunks. Add to the bowl and toss to coat. Set aside to marinate.



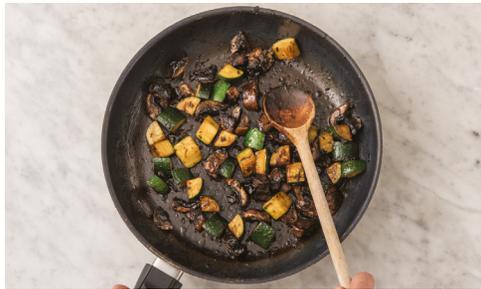
2 PICKLE THE ONION

While the veggies are marinating, thinly slice the **red onion** (see ingredients list). In a small bowl, combine the **vinegar** and a **generous pinch of salt** and **sugar**. Scrunch the **onion** in your hands, then add to the pickling liquid. Add enough **water** to cover the onion, then stir to coat. Set aside until just before serving. **TIP:** If you don't like pickled onion, skip this step and cook the onion in step 4 with the mushrooms and zucchini.



3 GET PREPPED

While the onion is pickling, thinly slice the **cucumber** into half-moons. Thinly slice the **long red chilli** (if using). In a second medium bowl, place the **slaw mix** and **garlic aioli**. Toss to coat and season to taste with **salt** and **pepper**.



4 COOK THE MUSHROOM & ZUCCHINI

In a large frying pan, heat a **drizzle of olive oil** over a medium-high heat. When the oil is hot, add the **mushrooms** and **zucchini** to the pan, shaking the excess marinade back into the bowl. Cook, tossing often, until browned, **3-4 minutes**. Reduce the heat to medium and add the excess marinade and a **dash of water** to the pan. Cook, stirring, until the veggies are tender, **3-4 minutes**. **TIP:** You can cook the red onion with the veggies if you like.



5 WARM THE TORTILLAS

While the veggies are cooking, heat the **mini flour tortillas** in a sandwich press, or on a plate in the microwave for **10 second bursts**, until warmed through. Just before serving, drain the pickled onion.



6 SERVE UP

Take everything to the table to serve. Top the tortillas with the slaw, cucumber, bulgogi mushrooms and quick pickled onion. Sprinkle with the **crispy shallots** and chilli (if using). **TIP:** For the low-calorie option, serve without the crispy shallots.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
garlic	1 clove	2 cloves
soy sauce*	2 tbs	½ cup
honey*	1 tbs	2 tbs
zucchini	1	2
field mushrooms	1 packet	1 packet
red onion	½	1
vinegar* (white wine or rice wine)	¼ cup	½ cup
cucumber	1	2
long red chilli (optional)	1	2
slaw mix	1 bag (150g)	1 bag (300g)
garlic aioli	1 tub (50g)	1 tub (100g)
mini flour tortillas	6	12
crispy shallots	1 packet	2 packets

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2300kJ (549Cal)	385kJ (92Cal)
Protein (g)	16.3g	2.7g
Fat, total (g)	23.0g	3.9g
- saturated (g)	2.5g	0.4g
Carbohydrate (g)	60.6g	10.2g
- sugars (g)	17.9g	3.0g
Sodium (g)	1750mg	293mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

→ JOIN OUR PHOTO CONTEST!

   #HelloFreshAU

We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

Hello@HelloFresh.com.au

2019 | WK52

