



# Japanese Beef Tacos

with Quick-Pickled Cucumber & Toasted Sesame Seeds

Grab your Meal Kit with this symbol 



Cucumber



Ginger



Garlic



Beef Strips



Mixed Sesame Seeds



Mini Flour Tortillas



Japanese Dressing



Slaw Mix



Coconut Sweet Chilli Mayonnaise

 Hands-on: **10-20** mins  
Ready in: **20-30** mins

Tender beef strips get an aromatic boost in these speedy tacos inspired by Japanese flavours. With a crisp slaw, nutty sesame seeds and lightly pickled cucumber to bring it all together, these are a fusion of some of the tastiest flavours around!

### Pantry items

Olive Oil, Vinegar (White Wine or Rice Wine), Soy Sauce, Honey

## 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
cucumber	1 (medium)	1 (large)
vinegar* (white wine or rice wine)	¼ cup	½ cup
water*	¼ cup	½ cup
ginger	1 knob	2 knobs
garlic	1 clove	2 cloves
soy sauce*	2½ tbs	½ cup
honey*	4 tsp	2½ tbs
beef strips	1 packet	1 packet
mixed sesame seeds	1 sachet	2 sachets
mini flour tortillas	8	16
Japanese dressing	1 packet (30g)	2 packets (60g)
slaw mix	1 bag (150g)	1 bag (300g)
coconut sweet chilli mayonnaise	1 packet (50g)	1 packet (100g)

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	3720kJ (888Cal)	725kJ (173Cal)
Protein (g)	46.2g	9.0g
Fat, total (g)	42.7g	8.3g
- saturated (g)	6.5g	1.3g
Carbohydrate (g)	74.9g	14.6g
- sugars (g)	19.4g	3.8g
Sodium (mg)	2960mg	577mg

### Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## 1. Pickle the cucumber

Thinly slice the **cucumber** into batons. In a medium bowl, combine the **vinegar**, **water** and a **generous pinch** of **sugar** and **salt**. Stir, then add the **cucumber** and toss to coat. Set aside until serving.

**TIP:** *Slicing the cucumber very thinly helps it pickle faster!*

**TIP:** *Stir the cucumber occasionally so it stays submerged.*



## 4. Cook the beef

Return the pan to a high heat with a **drizzle** of **olive oil**. Add **1/2** the **beef strips**, shaking off any excess marinade back into the bowl, and cook, tossing, until browned, **1-2 minutes**. Transfer to a plate. Repeat with the **remaining beef strips**.

**TIP:** *Cooking the beef without any excess marinade helps keep it tender without stewing the meat.*



## 2. Flavour the beef

Finely grate the **ginger** and **garlic** (or use a garlic press). In a medium bowl, combine the **ginger**, **garlic**, **soy sauce** and **honey**. Add the **beef strips** and toss to coat. Set aside.



## 5. Make the slaw

Heat the **mini flour tortillas** in a sandwich press or on a plate in the microwave for **10 second bursts**, until warmed. In a medium bowl, combine the **Japanese dressing** with a **drizzle** of **olive oil**. Add the **slaw mix** and the toasted **sesame seeds** and toss to coat.



## 3. Toast the sesame seeds

Heat a large frying pan over a medium-high heat. Add the **mixed sesame seeds** and toast, tossing, until golden, **3-4 minutes**. Transfer to a small bowl.



## 6. Serve up

Drain the pickled cucumber. Bring everything to the table to serve. Spread the **coconut sweet chilli mayonnaise** over the tortillas. Top with the Japanese slaw, beef strips and pickled cucumber.

**Enjoy!**