



# Honey-Soy Beef Tacos

with Speedy Pickled Onion & Crushed Peanuts

Grab your Meal Kit with this symbol



Garlic



Beef Strips



Red Onion



Carrot



Cos Lettuce



Long Green Chilli (Optional)



Mini Flour Tortillas



Garlic Aioli



Crushed Peanuts

Hands-on: **20-30 mins**  
 Ready in: **25-35 mins**

Spicy (optional long green chilli)

You think you know tacos? Think again. Our Asian-style beef filling changes the whole flavour profile of these tacos with its sweet and salty honey-soy glaze. Top them with crisp veggies and a punchy pickled onion for maximum enjoyment of this game-changer in fusion cuisine.

## Pantry items

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

## 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
garlic	1 clove	2 cloves
soy sauce*	2½ tbs	½ cup
honey*	1 tbs	2 tbs
beef strips	1 packet	1 packet
red onion	½	1
vinegar* (white wine or rice wine)	¼ cup	½ cup
carrot	1	2
cos lettuce	½ head	1 head
long green chilli	½	1
mini flour tortillas	8	16
garlic aioli	1 packet (50g)	1 packet (100g)
crushed peanuts	1 packet	2 packets

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	3895kJ (930Cal)	737kJ (176Cal)
Protein (g)	47.3g	8.9g
Fat, total (g)	48.4g	9.2g
- saturated (g)	13.1g	2.5g
Carbohydrate (g)	72g	13.6g
- sugars (g)	20.9g	4g
Sodium (mg)	1844mg	349mg

## 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.



### Marinate the beef

Finely chop the **garlic**. In a medium bowl, combine the **garlic, soy sauce** and **honey**. Add the **beef strips**, toss to coat and set aside to marinate.

**TIP:** If you have time, let the beef marinate for at least 15 minutes to enhance the flavour and increase tenderness.



### Cook the beef

In a large frying pan, heat a drizzle of **olive oil** over a high heat. When the oil is hot, cook the **beef strips**, in batches, tossing, until browned and cooked through, **1-2 minutes**. Transfer to a plate.

**TIP:** Cooking the meat in batches over a high heat keeps it tender.

**TIP:** You can cook the onion with the beef if you prefer.



### Pickle the onion

While the beef is marinating, thinly slice the **red onion** (see ingredients). In a small bowl, combine the **vinegar** and a good pinch of **sugar** and **salt**. Scrunch the **onion** in your hands, then add to the pickling liquid with just enough **water** to cover the onion. Stir to coat and set aside until serving.

**TIP:** If you don't like pickled onion, skip this step and cook the onion in step 4 with the beef!



### Heat the tortillas

While the beef is cooking, heat the **mini flour tortillas** in a sandwich press or on a plate in the microwave for **10 second bursts**, until warmed through.



### Prep the salad

While the onion is pickling, grate the **carrot**. Shred the **cos lettuce** (see ingredients). Thinly slice the **long green chilli** (if using). In a second medium bowl, combine the **carrot, lettuce** and **chilli**. Season with **salt** and **pepper** and toss to coat. Set aside.



### Serve up

Drain the pickled onion. Bring everything to the table to serve. Top the tortillas with the salad, honey-soy beef and quick-pickled onion. Spoon over the **garlic aioli** and garnish with the **crushed peanuts**.

Enjoy!