



# Honey-Soy Beef Tacos

with Speedy Pickled Onion & Crushed Peanuts

Grab your Meal Kit  
with this symbol



Garlic



Red Onion



Beef Strips



Carrot



Long Green Chilli  
(Optional)



Baby Spinach  
Leaves



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 fresh veggies and a punchy onion pickle 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
red onion	½	1
soy sauce*	2½ tbs	½ cup
honey*	4 tsp	2½ tbs
beef strips	1 packet	1 packet
vinegar* (white wine or rice wine)	¼ cup	½ cup
carrot	1	2
long green chilli (optional)	½	1
baby spinach leaves	1 bag (60g)	1 bag (120g)
mini flour tortillas	8	16
garlic aioli	1 packet (50g)	1 packet (100g)
crushed peanuts	1 packet	2 packets

\*Pantry items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3511kJ (839Cal)	730kJ (174Cal)
Protein (g)	50g	10.4g
Fat, total (g)	37.3g	7.8g
- saturated (g)	8.6g	1.8g
Carbohydrate (g)	70.9g	14.7g
- sugars (g)	19.6g	4.1g
Sodium (mg)	1848mg	384mg

The quantities provided above are averages only.

## Allergens

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

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



### Get prepped

- Finely chop **garlic**. Thinly slice **red onion** (see ingredients).
- In a medium bowl, combine **garlic**, **soy sauce** and **honey**. Add **beef strips** and toss to coat. Set aside.
- In a small bowl, combine **vinegar** and a good pinch of **sugar** and **salt**. Scrunch **onion** in your hands, then add to the **pickling liquid** with just enough **water** to cover onion. Stir to coat and set aside.

**TIP:** If you don't like pickled onion, cook the onion in step 3 with the beef!



### Prep the salad

- While onion is pickling, grate **carrot**. Thinly slice **long green chilli** (if using).
- In a second medium bowl, combine **carrot**, **baby spinach leaves** and **chilli**. Season with **salt** and **pepper** and toss to coat. Set aside.



### Cook the beef

- In a large frying pan, heat a drizzle of **olive oil** over a high heat. When oil is hot, cook **beef strips**, in batches, tossing, until browned and cooked through, **1-2 minutes**.
- Meanwhile, microwave **mini flour tortillas** on a plate for **10 second** bursts, until warmed through.

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

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



### Serve up

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

### Enjoy!