



Quick Shawarma Beef Tacos & Pickled Onion

with Turnip Salsa & Dill-Parsley Mayo

Grab your Meal Kit with this symbol



Red Onion



Berberé Seasoning



Beef Strips



Tomato



Mini White Turnip



Parsley



Mini Flour Tortillas



Dill & Parsley Mayonnaise



Mixed Salad Leaves

Hands-on: **15-25 mins**
 Ready in: **20-30 mins**

Calorie Smart

This Middle Eastern and Mexican fusion dish is full of surprises! Bite into tender beef strips to excite your taste buds, gobble up the goodness of the turnip salad to nurture your body, and top it off with pickled onions for a tangy finish!

Pantry items

Olive Oil, Vinegar (White Wine or Rice Wine), 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
red onion	½	1
vinegar* (white wine or rice wine)	2 tbs	¼ cup
Berbere seasoning	1 sachet	2 sachets
honey*	2 tsp	1 tbs
salt*	¼ tsp	½ tsp
beef strips	1 packet	1 packet
tomato	1	2
mini white turnip	1	2
parsley	1 bag	1 bag
mini flour tortillas	6	12
dill & parsley mayonnaise	1 packet (50g)	1 packet (100g)
mixed salad leaves	1 bag (30g)	1 bag (60g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2717kJ (649Cal)	636kJ (152Cal)
Protein (g)	39.9g	9.3g
Fat, total (g)	30.4g	7.1g
- saturated (g)	7.9g	1.8g
Carbohydrate (g)	50.7g	11.9g
- sugars (g)	14.1g	3.3g
Sodium (mg)	1325mg	310mg

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](https://www.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 onion

- Thinly slice **red onion** (see ingredients).
- In a small bowl, combine the **vinegar**, and a good pinch of **salt** and **sugar**. Scrunch sliced **onion** in your hands, then add it to **pickling liquid** with just enough **water** to cover onion. Set aside.

3



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**. Transfer to a plate.
- Meanwhile, microwave **mini flour tortillas** on a plate for **10 second** bursts, until warmed through.

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

2



Get prepped

- In a medium bowl, combine **Berbere seasoning**, the **honey**, a drizzle of **olive oil** and the **salt**. Season with **pepper**, then add **beef strips**. Toss to coat and set aside.
- Thinly slice **tomato** and **mini white turnip**. Finely chop **parsley** leaves.
- In a second medium bowl, combine **tomato**, **turnip**, **parsley** and a drizzle of **olive oil**. Season and set aside.

4



Serve up

- Drain pickled onion.
- Spread tortillas with **dill & parsley mayonnaise**, then top with turnip salad, **mixed salad leaves** and shawarma beef.
- Garnish with pickled onion to serve.

Enjoy!