



Korean Style Beef Tacos

with Sambal Mayo and Pickled Shallot

Classic 20 Minutes • Medium Spice • 1 of your 5 a day

2



Echalion Shallot



Cider Vinegar



Green Pepper



Garlic Clove



Beef Mince



Sambal



Mayonnaise



Bulgogi Sauce



Plain Taco Tortilla

Pantry Items
Sugar

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Bowl, garlic press, frying pan and baking tray.

Ingredients

	2P	3P	4P
Echalion Shallot**	1	2	2
Cider Vinegar 14)	1 sachet	2 sachets	2 sachets
Sugar for the Pickle*	1 tsp	1½ tsp	2 tsp
Green Pepper**	2	3	4
Garlic Clove**	1	2	2
Beef Mince**	240g	360g	480g
Sambal	15g	23g	30g
Mayonnaise 8) 9)	2 sachets	3 sachets	4 sachets
Bulgogi Sauce 11)	75g	100g	150g
Plain Taco Tortilla 13)	6	9	12

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	505g	100g
Energy (kJ/kcal)	3185 /761	631 /151
Fat (g)	32.4	6.4
Sat. Fat (g)	10.7	2.1
Carbohydrate (g)	78.4	15.6
Sugars (g)	24.6	4.9
Protein (g)	35.3	7.0
Salt (g)	2.34	0.46

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

8) Egg 9) Mustard 11) Soya 13) Cereals containing gluten 14) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Make the Pickled Shallot

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Halve, peel and thinly slice the shallot.
- Put the cider vinegar into a small bowl and add the sugar for the pickle (see ingredients for amount).
- Season with salt and pepper, add half the shallot and stir to coat. Set aside.



Sambal Mayo Time

- Mix half the sambal with the mayonnaise in a small bowl (use less sambal if you don't like heat). Set aside.



Get Prepped

- Halve the pepper and discard the core and seeds. Slice into thin strips.
- Peel and grate the garlic (or use a garlic press).



Finish Up

- When the veg has softened, add the garlic to the pan. Cook, stirring, until fragrant, 1 min.
- Stir in the bulgogi sauce and remaining sambal, then bring to a bubble. Simmer for 1 min, then remove from the heat.
- Meanwhile, pop the tortillas onto a baking tray and into your oven to warm through, 1-2 mins.



Brown the Mince

- Heat a drizzle of oil in a frying pan on medium-high heat.
- Once the oil is hot, add the beef mince and pepper. Cook until browned, 5-6 mins.
- Use a spoon to break up the mince as it cooks, then drain and discard any excess fat. Season with salt and pepper. **IMPORTANT:** Wash your hands and equipment after handling raw mince. The mince is cooked when no longer pink in the middle.



Assemble your Tacos

- When everything is ready, lay the warmed tortillas on your plates (3 per person).
- Spread each with the sambal mayo using the back of a spoon.
- Top with spoonfuls of the beef filling and finish with the pickled shallot - as much as you'd like. **TIP:** Tacos are best enjoyed eaten by hand - get stuck in!

Enjoy!