



# BBQ Beef Tacos with Slaw & Sour Cream

**FRESH & FAST**

Box to plate: 15 mins

Grab your  
Fresh & Fast  
Meal Kit



**Nutrition Per Serving:** 4255kJ (1016Cal) | Protein 54.8g | Fat, total 52.8g - saturated 23.7g | Carbohydrate 65g - sugars 18g | Sodium 1776mg

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2021 | WK03 | U



# Get ready

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'll need

(along with the basics)



Large Frying Pan

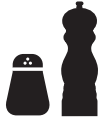


Microwave

## From the pantry



Olive Oil



Salt & Pepper

## From the cool pouch

	2P	4P
<b>Beef Strips</b>	<b>1 pkt</b>	<b>1 pkt</b>
<b>Shredded Red Cabbage</b>	<b>1 bag</b> (150g)	<b>1 bag</b> (300g)
<b>BBQ Mayo</b>	<b>1 pkt</b> (50g)	<b>1 pkt</b> (100g)
<b>Shredded Cheddar Cheese</b>	<b>1 pkt</b> (50g)	<b>1 pkt</b> (100g)
<b>Sour Cream</b>	<b>1 medium pkt</b>	<b>1 large pkt</b>

## 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. Sizzle



Sweetcorn



Beef Strips



All-American Spice Blend



Garlic Paste

## 2. Toss



Tomato



Cucumber



Lemon



Shredded Red Cabbage



BBQ Mayo

## 3. Zap



Mini Flour Tortillas



Shredded Cheddar Cheese



Sour Cream



Coriander

- Drain **corn** (1/2 tin for 2 people / 1 tin for 4 people)
- Heat **olive oil** in frying pan over high heat
- Cook **beef strips, spice blend, garlic paste** and **corn**, tossing, until browned, **1-2 mins**

- Meanwhile, roughly chop **tomato** and **cucumber**
- Slice **lemon** into wedges
- Grab a bowl. Add **cabbage, BBQ mayo** and a generous squeeze of **lemon juice**
- Season and toss

- Now, zap **tortillas** in microwave for **10 second** bursts, until warmed through
- Fill **tortillas** with **beef** and **corn**, **Cheddar, tomato, cucumber** and **slaw**
- Top with **sour cream** and torn **coriander**
- Serve with extra **lemon** wedges

