



Korean Style Beef Tacos

with Sambal Mayo

Super Quick 15 Minutes • **Medium Spice** • 1 of your 5 a day

8



Green Pepper



Mayonnaise



Sambal Paste



Beef Mince



Bulgogi Sauce



Plain Taco Tortillas

Pantry Items
Oil, Salt, Pepper

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Bowl and frying pan.

Ingredients

Ingredients	2P	3P	4P
Green Pepper**	2	3	4
Mayonnaise 8) 9)	64g	96g	128g
Sambal Paste	15g	22g	30g
Beef Mince**	240g	360g	480g
Bulgogi Sauce 11)	75g	100g	150g
Plain Taco Tortillas 13)	6	9	12

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	426g	100g
Energy (kJ/kcal)	3141 / 751	737 / 176
Fat (g)	34.3	8.0
Sat. Fat (g)	10.9	2.6
Carbohydrate (g)	74.9	17.6
Sugars (g)	21.1	5.0
Protein (g)	36.0	8.5
Salt (g)	2.58	0.61

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

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

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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1



Quick Prep

- Slice the **pepper** into thin strips.
- In a bowl, mix the **mayo** with **half** the **sambal paste** (add less if you'd prefer things milder).

3



Sauce Time

- Next, stir in the **bulgogi** and remaining **sambal paste**.
- Bring to a bubble. Simmer, 1 min.
- Meanwhile, microwave the **tortillas** for 850W: 50 secs / 750W: 1 min.
- If you don't have a microwave, just enjoy them cold.

2



Get Frying

- Heat a drizzle of **oil** in a frying pan on medium-high heat.
- Once hot, fry the **beef mince**, 5-6 mins. Break up the **mince** as it cooks, then drain the fat.
- Season with **salt** and **pepper**. **IMPORTANT:** Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.

4



Dinner's Ready!

- Lay the **tortillas** on your plates.
- Spread each with the **sambal mayo**.
- Top with the **beef filling** - as much as you'd like. **TIP:** Eat your tacos by hand - get stuck in!

Enjoy!