

Hoisin Beef Tacos

with Bell Pepper and Baby Gem



Quick 20 Minutes • 1 of your 5 a day







Bell Pepper



Baby Gem Lettuce





Garlic Clove



Beef Mince



Rice Vinegar

Hoisin Sauce



Plain Taco Tortillas

Before you start

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

Cooking tools

Garlic press, bowl, frying pan and baking tray.

Ingredients

Ingredients	2P	3P	4P	
Bell Pepper***	1	11/2	2	
Baby Gem Lettuce**	1	1½	2	
Garlic Clove**	2	3	4	
Rice Vinegar	15ml	22ml	30ml	
Beef Mince**	240g	360g	480g	
Hoisin Sauce 11)	64g	96g	128g	
Plain Taco Tortillas 13)	6	9	12	
Pantry	2P	3P	4P	
Sugar for the Dressing*	½ tsp	¾ tsp	1 tsp	
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp	
Mayonnaise*	2 tbsp	3 tbsp	4 tbsp	
*Not Included **Store in the Fridge ***Based on season,				

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	395g	100g
Energy (kJ/kcal)	3268 / 781	828/198
Fat (g)	37.9	9.6
Sat. Fat (g)	11.4	2.9
Carbohydrate (g)	73.5	18.6
Sugars (g)	19.3	4.9
Protein (g)	37.0	9.4
Salt (g)	2.95	0.75

the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

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

Allergens

11) Soya 13) Cereals containing gluten

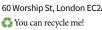
Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

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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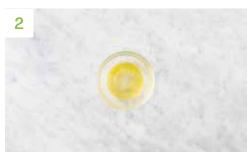






Get Prepped

- **a)** If you don't have a microwave, heat your oven to 220°C/200°C fan/gas mark 7 for the **tortillas**.
- **b)** Halve the **bell pepper** and discard the core and seeds. Slice into thin strips, then cut the strips in half.
- **c)** Trim the **baby gem**, halve lengthways, then thinly slice.
- **d)** Peel and grate the **garlic** (or use a garlic press).



Dressing Time

- **a)** In a small bowl, mix together the **rice vinegar**, **sugar** and **olive oil for the dressing** (see pantry for both amounts).
- **b)** Season with **salt** and **pepper**, then set aside your **dressing** for later.



Fry the Mince and Pepper

- **a)** Heat a drizzle of **oil** in large frying pan on medium-high heat.
- **b)** Once hot, add the **beef mince** and **pepper**. Fry until browned, 5-6 mins.
- c) Use a spoon to break up the **mince** as it cooks. **IMPORTANT:** Wash your hands and equipment after handling raw mince.



Sauce Things Up

- **a)** Once browned, drain and discard any excess fat from the **beef**.
- **b)** Stir in the **garlic** and cook for 30 secs.
- **c)** Pour in the **hoisin sauce** and cook until sticky, 30 secs, then remove from the heat.
- d) Season with salt and pepper. IMPORTANT:
 The mince is cooked when no longer pink in
 the middle.



Warm the Tortillas

- a) Pile the tortillas onto a plate. Heat them through in the microwave, 850W: 50 secs / 750W: 1 min, until warm and soft.
- **b)** If you're using the oven, lay the **tortillas** onto a baking tray and place on the middle shelf to warm through, 1-2 mins.
- **c)** Add the **baby gem** to the **dressing** and toss together.



Assemble and Serve

- a) To make your **tacos**, lay the **tortillas** on your plates and spread each with some **mayo** (see pantry for amount).
- **b)** Top with the **hoisin beef** and **baby gem** as much as you'd like. TIP: Tacos are best enjoyed eaten by hand get stuck in!

Enjoy!