



Korean Style Beef Tacos

with Sambal Mayo Slaw

Stacey Solomon 15 Minutes • Medium Spice • 1 of your 5 a day

8



Green Pepper



Mayonnaise



Coleslaw Mix



Sambal Paste



British Beef Mince



Bulgogi Sauce



Plain Taco Tortillas

Pantry Items
Oil, Salt, Pepper

Stacey ♥

Stacey Solomon's Picks

We've teamed up with mum, presenter and HelloFresh fan Stacey Solomon to create a collection of delicious and speedy recipes.

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** | 1 | 2 | 2 |
| Mayonnaise 8) 9) | 64g | 96g | 128g |
| Coleslaw Mix** | 120g | 180g | 240g |
| Sambal Paste | 15g | 22g | 30g |
| British 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 for uncooked ingredient | Per serving | Per 100g |
|--|-------------------|------------------|
| Energy (kJ/kcal) | 421g 3153 /754 | 100g 749 /179 |
| Fat (g) | 34.2 | 8.1 |
| Sat. Fat (g) | 10.9 | 2.6 |
| Carbohydrate (g) | 75.8 | 18.0 |
| Sugars (g) | 20.9 | 5.0 |
| Protein (g) | 36.1 | 8.6 |
| Salt (g) | 2.60 | 0.62 |

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, mollusc, 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. Be careful when adding water to hot pans while cooking.

Contact

Let us know what you think!

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Quick Prep

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



Sauce Time

- Next, stir in the **bulgogi** and remaining **sambal**.
- 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.



Get Frying

- Heat a drizzle of **oil** in a frying pan on medium-high heat.
- Once hot, fry the **beef mince** and **pepper**, 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.



Dinner's Ready!

- Lay the **tortillas** on your plates.
- Top each with the **sambal mayo slaw**.
- Spoon on the **beef and pepper filling**. **TIP:** Eat your tacos by hand - get stuck in!

Enjoy!