



# Hoisin Beef Tacos

with Bell Pepper and Baby Gem

**Rapid** 20 Minutes • 1 of your 5 a day

14



Bell Pepper



Baby Gem Lettuce



Garlic Clove



Rice Vinegar



Beef Mince



Hoisin Sauce



Plain Taco Tortilla

**Pantry Items**

Oil, Salt, Pepper, Sugar, Olive Oil, Mayonnaise

## 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	1½	2
Baby Gem Lettuce**	1	1½	2
Garlic Clove**	2	3	4
Rice Vinegar	15ml	22ml	30ml
Beef Mince**	240g	360g	480g
Hoisin Sauce <b>11)</b>	64g	96g	128g
Plain Taco Tortilla <b>13)</b>	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, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	3273 /782	799 /191
Fat (g)	38.0	9.3
Sat. Fat (g)	11.4	3.0
Carbohydrate (g)	74.0	18.0
Sugars (g)	20.1	5.0
Protein (g)	37.0	9.0
Salt (g)	3.00	1.00

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, 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 **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).



## 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.



## 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.



## 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.



## Fry the Mince and Pepper

**a)** Heat a large frying pan on medium-high heat with a drizzle of **oil**.

**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.



## 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!