



Ketjap Manis Glazed Beef Tacos

with charred corn salad

20 – 25 mins

23



Beef Strips



Ketjap Manis



Sweetcorn



Tomato



Creme Fraiche



Tortilla



Sweet Chilli Sauce



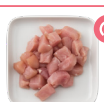
Salad Leaves



Shallot



Beef Strips



Irish Diced Chicken Breast



Prawns

Pantry Items: Sugar, Oil, Salt, Pepper, Water



Rate your recipe!

Before you start

Our fruit, veg and herbs need a wash before you use them! We recommend reading the recipe in full before beginning to cook.

Wash hands before and after handling ingredients. Wash fruit and veg, but not meat. Use different utensils for raw and ready-to-eat foods or wash these in between uses.

Cooking tools you will need

Sieve

Ingredients

	2P	4P
Beef Strips	250 g	500 g
Ketjap Manis	1 sachet	2 sachets
Sweetcorn	1 pack	2 packs
Tomato	1 unit	2 units
Creme Fraiche	65 g	110 g
Tortilla	8 units	16 units
Sweet Chilli Sauce	1 sachet	1 sachet
Salad Leaves	120 g	240 g
Shallot	1 unit	2 units
Beef Strips	500 g	1000 g
Irish Diced Chicken Breast	260 g	520 g
Prawns	150 g	300 g

Nutrition

for uncooked ingredient	Per 100g	Per 100g	Per 100g	Per 100g
Energy (kJ/kcal)	665 kJ/ 159 kcal	557 KJ/ 133 kcal	568 KJ/ 136 kcal	548 KJ/ 131 kcal
Fat (g)	7.2 g	4.3 g	4.1 g	4.4 g
Sat. Fat (g)	3 g	2.3 g	2.3 g	2.5 g
Carbohydrate (g)	15.1 g	12 g	15.1 g	17.1 g
Sugars (g)	4.4 g	3.2 g	4 g	4.6 g
Protein (g)	8.2 g	11.2 g	9.4 g	5.6 g
Salt (g)	1.1 g	0.7 g	0.8 g	1.1 g

See site or app for detailed nutritional info.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Contact

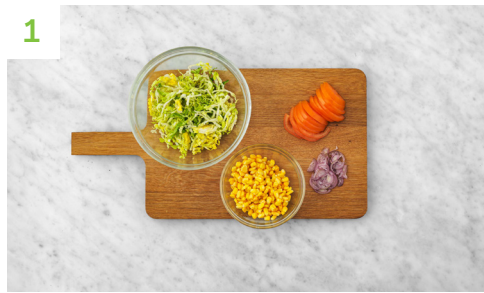
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1



Get Prepped

- Preheat the oven (for the **tortillas**) to 220°C/200°C fan/gas mark 7.
- Drain and rinse the **sweetcorn** in a sieve.
- Halve and thinly slice the **tomato**.
- Halve, peel and thinly slice the **shallot**.
- Trim the **salad leaves** and halve lengthways. Roughly chop widthways.

TIP: If you want to avoid turning on the oven, dry-fry the tortillas in a pan instead!

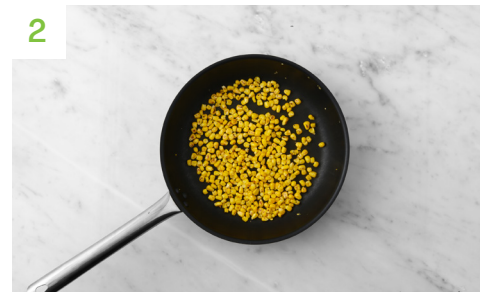
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Fry the Beef

- Return the pan to high heat with a drizzle of **oil**.
 - Once the pan is very hot, sear the **beef strips** until cooked through, shifting as they colour, 2-3 mins.
- IMPORTANT:** Wash hands and equipment after handling raw meat and its packaging. Meat is safe to eat when the outside is browned.

2



Char the Corn

- Place a large pan over high heat (without **oil**).
- Once hot, cook the **sweetcorn** until charred, shifting as it colours, 5-6 mins.
- Once cooked, transfer from the pan (set the pan aside for use later).

5



Finishing Touches

- Remove the pan from the heat and stir in the **ketjap manis**, **sweet chilli sauce**, 1 tsp **sugar** (per 2P) and 1 tbsp **oil** (per 2P).
- Season to taste with **salt** and **pepper**.
- Meanwhile, pop the **tortillas** into the oven to warm, 1-2 mins.

TIP: Loosen the sauce with a splash of water if you feel it's too thick.

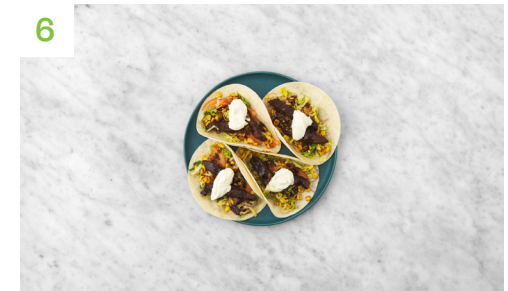
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Toss the Salad

- Meanwhile, add the **tomato**, **shallot**, charred **sweetcorn**, ½ tsp **salt** (per 2P) and 1 tbsp **oil** (per 2P) to a bowl.
- Mix well until everything is evenly distributed.
- Season to taste with **salt** and **pepper**.

6



Assemble and Serve

- Divide the warmed **tortillas** between plates.
- Top first with **salad leaves** and spoonfuls of charred **corn** salad, piling on the **beef strips** at the end.
- Drizzle over any **ketjap manis** glaze remaining in the pan.
- Finish with a dollop of **creme fraiche**.

Enjoy !

CUSTOM OPTIONS



DICED CHICKEN BREAST

Swapping to chicken? Add to the hot pan and fry until cooked through, 8-10 mins.



PRAWNS

Swapping to prawns? Add them to the hot pan and fry until cooked through, 4-5 mins.