



UCOOK

Fusion Asian Beef Tacos

with kewpie mayo, pickled ginger & sesame seeds

These golden corn taco shells are topped with tasty hoisin-smothered beef mince, cabbage, spring onion, and a kewpie mayo drizzle. This is not your average plate of tacos, Chef.

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Jason Johnson

 Adventurous Foodie

 Waterkloof | Circumstance Cape Coral
Mourvedre Rose

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Ingredients & Prep

50g	Edamame Beans
1	Spring Onion <i>rinsed & finely sliced, keeping the white & green parts separate</i>
100g	Cabbage <i>rinsed & thinly sliced</i>
1	Lemon <i>rinsed & cut into wedges</i>
40ml	Kewpie Mayo
10ml	White Sesame Seeds
30ml	Hoisin Sauce
150g	Free-range Beef Mince
3	Corn Tortillas
15g	Pickled Ginger <i>drained & roughly chopped</i>
1	Fresh Chilli <i>rinsed, deseeded & finely sliced</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water

1. MEAL PREP Boil the kettle. Submerge the edamame beans in salted boiling water until plumped up, 3-4 minutes. Drain and place in a bowl. Add the spring onion whites, the sliced cabbage, a squeeze of lemon juice (to taste), and seasoning. Toss to combine and set aside. In a separate bowl, loosen the mayo with water in 5ml increments until drizzling consistency.

2. OPEN SESAME Place the sesame seeds in a pan over medium heat. Toast until lightly browned, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. VERY BEEFY In a small bowl, combine the hoisin sauce with 1 tbsp of water. Return the pan to medium-high heat with a drizzle of oil. When hot, fry the mince and work quickly to break it up as it starts to cook. Fry until browned, 3-4 minutes (shifting occasionally). In the final minute, add the hoisin sauce. Remove from the pan, place in a bowl with all the sauce, and cover.

4. TORTILLAS! Place the tortillas on a microwavable plate and sprinkle with droplets of water. Heat in the microwave for 30 seconds. Alternatively, place a clean pan over medium heat. When hot, dry toast the tortillas until lightly crisped, 15 seconds per side. Once heated, stack under a dry tea towel to stop them from drying out.

5. NOW WE TACO-ING! Lay down the toasted tacos. Layer with the cabbage salad, the edamame beans, and the hoisin beef (with any remaining hoisin sauce). Drizzle over the loosened mayo. Sprinkle over the chopped pickled ginger, the spring onion greens, the sliced chilli (to taste), and the toasted sesame seeds. Grab them, fold up, and get munching, Chef!

Nutritional Information

Per 100g

Energy	811kJ
Energy	194kcal
Protein	7.1g
Carbs	14g
of which sugars	4.6g
Fibre	2.1g
Fat	7.6g
of which saturated	2.5g
Sodium	301mg

Allergens

Egg, Gluten, Allium, Sesame, Wheat,
Sulphites, Sugar Alcohol (Xylitol), Soy

Cook
within 3
Days