



# KOREAN BEEF TACOS

with Pickled Veggies and Charred Green Onion Crema

SPICY

PRONTO



## HELLO

### GOCHUJANG

A savoury, sweet and spicy red chili paste common in Korean cooking

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 837



Shaved Beef



Garlic



Red Onion, sliced



Carrot, julienned



Baby Gem Lettuce



Soy Sauce



Gochujang



Rice Vinegar



Flour Tortillas, 6"



Green Onions



Sour Cream



Sesame Seeds

## BUST OUT

- Measuring Spoons
- Large Non-Stick Pan
- 2 Medium Bowls
- Paper Towel
- Garlic Press
- Sugar (1 tsp | 2 tsp)
- 2 Small Bowls
- Salt and Pepper
- Whisk
- Olive or Canola oil

## INGREDIENTS

2-person | 4-person

- Shaved Beef 285 g | 570 g
- Garlic 10 g | 20 g
- Red Onion, sliced 56 g | 113 g
- Carrot, julienned 56 g | 113 g
- Baby Gem Lettuce 100 g | 200 g
- Soy Sauce 1,4 1 tbsp | 2 tbsp
- Gochujang 1,4 1 tbsp | 2 tbsp
- Rice Vinegar 4 tbsp | 8 tbsp
- Flour Tortillas, 6" 1,4,9 6 | 12
- Green Onions 2 | 4
- Sour Cream 2 6 tbsp | 12 tbsp
- Sesame Seeds 8 ½ tbsp | 1 tbsp

## ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

\*Laver et sécher tous les aliments.

\*\*Cuire jusqu'à une température interne minimale de 71°C/160°F.



## START STRONG

If you like your tortillas warm, wrap them in paper towel and microwave them until warm and flexible, 1 min. In Step 1, Separate the beef pieces, then pat dry with paper towels.



**1 PREP** Wash and dry all produce.\* Mince or grate the **garlic**. Thinly slice **lettuce**. Thinly slice the **green parts** of the **green onions**. (Keep the **white parts whole** - we will use them in Step 4!) Pat **beef** dry, then cut larger pieces in half (approx. 2 to 3 -inch wide). (**NOTE:** Make sure to wash your cutting board after handling the beef. You will use it again in Step 4.)



**4 COOK GREEN ONIONS** Carefully wipe the pan clean. Add the **uncut green onions whites** to the dry pan. Cover and cook until dark golden-brown, 1-2 min per side. (**TIP:** Avoid stirring in order to get a nice brown colour.) Remove the pan from the heat and transfer the green onion whites to a cutting board. Set aside to cool.



**2 TOAST SESAME SEEDS** Heat a large non-stick pan over medium heat. Add **½ tbsp sesame seeds** (double for 4 ppl) to the dry pan. Toast, stirring often, until golden-brown, 5-6 min. (**TIP:** Keep your eye on them so they don't burn!) Transfer the toasted sesame seeds to a plate and set aside.



**5 COOK BEEF** In a medium bowl, whisk together **garlic, soy sauce, gochujang, remaining vinegar** and **1 tbsp oil** (double for 4 ppl). Season with **pepper**. Add the **beef** to the **marinade**, then toss to coat. Heat same pan over medium-high heat. Add a drizzle of oil, then **half the beef**. Cook until golden, 1-2 min per side. Transfer beef to another medium bowl. Repeat with the **remaining beef**. (**TIP:** Cook to a mini. internal temp. of 71°C/160°F.\*\*)



**3 PICKLE VEGGIES** In the same pan, add the **red onions, carrots, 3 tbsp vinegar** (double for 4 ppl), **3 tbsp water** (double for 4 ppl) and **1 tsp sugar** (double for 4 ppl) to the same pan. Season with **½ tsp salt** (double for 4 ppl). Cook, stirring, until veggies are tender-crisp, 3-4 min. Transfer **pickled veggies**, along with the **liquid**, to a small bowl and set aside.



**6 FINISH AND SERVE** Finely chop the **green onion whites**. In another small bowl, stir together onion whites and **sour cream**. Season with **salt** and **pepper**. Add the **toasted sesame seeds to beef** and toss to coat. Divide **lettuce** and beef between **tortillas**. Top with **veggies** and **crema**. Sprinkle with **onion greens**, if desired.

## YUM!

The crema has a subtly sweet, smoky flavour thanks to the charred green onions!