



BEEF TACOS



Serves: 4



YOU WILL NEED



1/3 cup teriyaki marinade



8 small soft tacos



1/4 red cabbage



2 carrots (peeled)



1 lime (juiced)
1 lime (cut into 1/8ths)



1/3 cup coriander

+ STAPLES (ALWAYS ON HAND)



400g 'sizzle' steaks (no bones)



2 tbsp olive oil



mayonnaise
(to serve)



1 1/2 tsp minced garlic
(or clove of fresh garlic)



1 tsp of salt



1 tsp of pepper

EQUIPMENT

- Chopping board
- Knife
- Vegetable peeler
- Frying pan
- Tongs
- Medium bowl
- Large bowl



NAOMI
Streetlight Dietitian

BEFORE YOU JUMP ONLINE... A MESSAGE FROM NAOMI

"To me, being mindful is enjoying the whole process of things, like food. From the ingredients, cooking, smelling, tasting, all the way to noticing how **food is fuel** for life's activities. It makes me be in awe of the human body and want to look after it!"

1

Salty meals can make you feel a bit dehydrated so make sure you drink that water. To get your 2L per day (8 cups), I like to fill up my big 1L bottle, twice. Too easy.

2

You can try this recipe again but with your own homemade marinade. Just have a quick google, though try to find one without too much added salt.

STEPS

"Hi I'm Ben. You can follow along online as Naomi demonstrates how to cook @ streetlightcommunity.org/street-eats



M.P



Choose your preferred method for heating soft taco shells.
OVEN – Place tacos in oven on at 120°C before beginning step 1

OR

MICROWAVE – Microwave tacos for 40 seconds at the end of step 3.

1



Grate carrots. Roughly chop coriander. Thinly slice cabbage. Add lime juice. Stir together in a medium bowl.

2



Slice beef into thin strips. Season with salt and pepper.

3



Heat oil in large frying pan over high heat, add garlic and meat and cook for about 90 seconds. Add the marinade and finish cooking the meat for another 90 seconds or until all browned.

4



Fill pre-heated soft taco shells with beef and coleslaw. Top with mayonnaise, lime, coriander, and/or any other extra flavours you want.

5



Serve and enjoy

