



# Sweet Soy-Glazed Beef & Rainbow Slaw

with Charred Corn & Garlic Aioli

Grab your Meal Kit with this symbol



Radish



Celery



Carrot



Sweetcorn



Beef Strips



Sweet Soy Seasoning



Sweet Chilli Sauce



Shredded Cabbage Mix



Garlic Aioli



Diced Chicken

Prep in: **15-25 mins**  
Ready in: **15-25 mins**

Carb Smart

Eat Me Early\*  
\*Custom Recipe only

Sweet chilli and sweet soy, they're combining in the pan to transform these beef strips into a new taste sensation. The slaw is also glowing in the bowl when you toss it through with garlic aioli and serve with charred corn. The fam' will be gobbling this dinner down in seconds.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, White Wine Vinegar

## Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
radish	2	4
celery	1 stalk	2 stalks
carrot	1	2
sweetcorn	1 tin	1 tin
beef strips	1 packet	1 packet (or 2 packets)
sweet soy seasoning	1 sachet	2 sachets
sweet chilli sauce	1 medium packet	1 large packet
shredded cabbage mix	1 bag (150g)	1 bag (300g)
garlic aioli	1 medium packet	1 large packet
<b>white wine vinegar*</b>	drizzle	drizzle
diced chicken**	1 packet	1 packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2055kJ (491Cal)	450kJ (108Cal)
Protein (g)	33.4g	7.3g
Fat, total (g)	25.6g	5.6g
- saturated (g)	5.5g	1.2g
Carbohydrate (g)	30.8g	6.7g
- sugars (g)	23.6g	5.2g
Sodium (mg)	1257mg	275mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1915kJ (458Cal)	397kJ (95Cal)
Protein (g)	38.1g	7.9g
Fat, total (g)	19.7g	4.1g
- saturated (g)	2.9g	0.6g
Carbohydrate (g)	30.8g	6.4g
- sugars (g)	23.6g	4.9g
Sodium (mg)	1268mg	263mg
Dietary fibre	11.4g	2.4g

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns

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1



## Get prepped

- Thinly slice **radish**. Finely chop **celery**. Grate the **carrot**. Drain the **sweetcorn**.
- Discard any liquid from **beef strips** packaging.
- In a medium bowl, combine **beef strips**, **sweet soy seasoning** and a drizzle of **olive oil**.

**Custom Recipe:** If you swapped from beef strips to diced chicken, flavour in the same way as the beef.

3



## Toss the slaw

- Meanwhile, add **shredded cabbage mix** to the bowl of **charred corn**, along with **radish**, **celery**, **carrot**, **garlic aioli** and a drizzle of **white wine vinegar**.
- Toss to combine, then season to taste with **salt** and **pepper**.

2



## Cook the beef

- Heat a large frying pan over high heat. Cook **sweetcorn** until lightly browned, **4-5 minutes**. Transfer to a large bowl.
- Return frying pan to high heat with a drizzle of **olive oil**. When oil is hot, cook **beef strips** in batches, tossing, until browned and cooked through, **1-2 minutes**.
- Remove pan from heat, add **sweet chilli sauce** and toss **beef** to coat.

**TIP:** Cover the pan with a lid if the corn kernels are "popping" out.

**TIP:** Cooking the meat in batches over a high heat helps it stay tender.

**Custom Recipe:** Heat the pan as above. When oil is hot, cook chicken, tossing occasionally, until browned and cooked through, 5-6 minutes. Remove from heat and add sweet chilli sauce, tossing to coat.

4



## Serve up

- Divide rainbow slaw between bowls.
- Top with sweet soy-glazed beef.
- Spoon any remaining sweet chilli glaze over beef to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

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