



Thai-Style Beef & Ginger Slaw Bowl

with Crushed Peanuts & Coriander

Grab your Meal Kit with this symbol



Celery



Pear



Carrot



Lemon



Garlic



Ginger Paste



Sweet Soy Seasoning



Beef Strips



Shredded Cabbage Mix



Garlic Aioli



Crushed Peanuts



Coriander



Chicken Breast Strips

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



Carb Smart



Eat Me Early*

*Custom Recipe only

This dish is a mad genius, with flavour explosions going off in every bite. The beef strips are served on top of a fragrant and creamy slaw with notes of both ginger and garlic. We say that sounds (and tastes) like success!

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

Pantry items

Olive Oil, Sesame Oil, Soy Sauce, Brown Sugar

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
olive oil*	refer to method	refer to method
celery	1 stalk	2 stalks
pear	1	2
carrot	1	2
lemon	½	1
garlic	1 clove	2 cloves
ginger paste	1 medium packet	1 large packet
sesame oil*	1 tbs	2 tbs
soy sauce*	½ tbs	1 tbs
brown sugar*	pinch	pinch
sweet soy seasoning	1 sachet	2 sachets
beef strips	1 small packet	2 small packets OR 1 large packet
shredded cabbage mix	1 bag (150g)	1 bag (300g)
garlic aioli	1 medium packet	1 large packet
crushed peanuts	1 packet	2 packets
coriander	1 bag	1 bag
chicken breast strips**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2500kJ (598Cal)	525kJ (125Cal)
Protein (g)	36.4g	7.6g
Fat, total (g)	34.7g	7.3g
- saturated (g)	6.8g	1.4g
Carbohydrate (g)	31.9g	6.7g
- sugars (g)	24.2g	5.1g
Sodium (mg)	1284mg	270mg
Dietary Fibre (g)	12.4g	2.6g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2450kJ (586Cal)	479kJ (114Cal)
Protein (g)	40.2g	7.9g
Fat, total (g)	31.6g	6.2g
- saturated (g)	5.1g	1g
Carbohydrate (g)	31.9g	6.2g
- sugars (g)	24.2g	4.7g
Sodium (mg)	1317mg	258mg
Dietary fibre	12.4g	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 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



Get prepped

- Thinly slice **celery**. Thinly slice **pear** into wedges. Grate the **carrot**.
- Zest **lemon** to get a pinch, then slice into wedges.
- Finely grate (or crush) **garlic**. In a medium heatproof bowl, add **ginger paste** and **garlic**.



Cook the beef strips

- In a medium bowl, combine **sweet soy seasoning**, the **lemon zest** and a drizzle of **olive oil**. Add **beef strips** and toss to coat.
- Return the frying pan to high heat with a drizzle of **olive oil**. When oil is hot, cook **beef strips** in batches, until browned and cooked through, **1-2 minutes**. Transfer to a plate and set aside.

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

Custom Recipe: If you've swapped to chicken breast strips, season chicken as above. Heat frying pan over medium-high heat with a drizzle of olive oil. Cook chicken until browned and cooked through, 3-4 minutes each side. Transfer to a plate and set aside.



Make the dressing

- In a large frying pan, heat the **sesame oil** over high heat until just smoking, **30 seconds**.
- Carefully pour hot **sesame oil** over the **garlic-ginger mixture**.
- Add the **soy sauce**, a pinch of **brown sugar** and a generous squeeze of **lemon juice**. Mix well and set aside.

TIP: The hot oil will bubble up and 'cook' the ginger and garlic.



Serve up

- In a large bowl, combine **shredded cabbage mix**, celery, carrot and pear. Add garlic-ginger dressing and **garlic aioli** and toss to coat. Season to taste.
- Divide slaw between bowls. Top with beef strips.
- Garnish with **crushed peanuts** and tear over **coriander**. Serve with any remaining lemon wedges. Enjoy!

Rate your recipe

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