



Sri Lankan Beef & Carrot Noodle Salad

with Roasted Cashews & Mayonnaise

DIETITIAN APPROVED

Grab your Meal Kit with this symbol



Garlic



Baby Spinach Leaves



Lemon



Beef Strips



Sri Lankan Spice Blend



Apricot Sauce



Carrot Noodles



Shredded Cabbage Mix



Mayonnaise



Crushed Roasted Cashews



Coriander



Beef Strips

Prep in: **15-25** mins
Ready in: **20-30** mins



Carb Smart*

*Custom Recipe is not Carb Smart

Spiralised carrot noodles are a heavenly alternative to heavy noodles. With a little help from Sri Lankan spices, tender beef strips and crunchy cashews, you'll feel like you're floating on a cloud.

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

Pantry items

Olive Oil, Honey

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
garlic	2 cloves	4 cloves
baby spinach leaves	1 small bag	1 medium bag
lemon	½	1
beef strips	1 small packet	2 small packets OR 1 large packet
Sri Lankan spice blend	1 sachet	1 sachet
apricot sauce	½ medium packet	1 medium packet
carrot noodles	1 medium packet	1 large packet
honey*	½ tbs	1 tbs
shredded cabbage mix	1 bag (150g)	1 bag (300g)
mayonnaise	1 medium packet	1 large packet
crushed roasted cashews	1 packet	2 packets
coriander	1 bag	1 bag
beef strips**	1 small packet	2 small packets OR 1 large packet

*Pantry Items**Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2349kJ (561Cal)	539kJ (129Cal)
Protein (g)	35.6g	8.2g
Fat, total (g)	31.9g	7.3g
- saturated (g)	7.1g	1.6g
Carbohydrate (g)	32.3g	7.4g
- sugars (g)	18.8g	4.3g
Sodium (mg)	569mg	131mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3146kJ (752Cal)	561kJ (134Cal)
Protein (g)	64.3g	11.5g
Fat, total (g)	40.3g	7.2g
- saturated (g)	10.4g	1.9g
Carbohydrate (g)	32.3g	5.8g
- sugars (g)	18.8g	3.4g
Sodium (mg)	619mg	110mg

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

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1



Get prepped

- Finely chop **garlic**. Roughly chop **baby spinach leaves**. Halve the **lemon**.
- Discard any **liquid** from **beef strips** packaging. In a medium bowl, combine **beef strips**, **Sri Lankan spice blend**, a generous pinch of **salt** and **pepper** and a drizzle of **olive oil**. Set aside.

Custom Recipe: If you've doubled your beef strips, prep in a large bowl for best results.

3



Cook the beef strips

- Return the 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**.
- Return all **beef** to the pan. Remove pan from heat, then add the **honey** and toss to combine.

Custom Recipe: Cook the beef strips in batches. Return all beef the pan and add the honey as above.

2



Prep the carrot noodles

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **garlic** until fragrant, **1-2 minutes**. Transfer the **garlic oil mixture** to a large bowl.
- Add **apricot sauce** (see ingredients) to the **garlic oil** with a good squeeze of **lemon juice** and a splash of **water**. Season and stir to combine.
- Add **carrot noodles** to the **apricot dressing**. Toss to coat and set aside.

4



Serve up

- Meanwhile, add **shredded cabbage mix** and baby spinach to carrot noodles. Toss well to combine and season to taste.
- Divide carrot noodle salad between plates. Top with Sri Lankan beef strips.
- Dollop with **mayonnaise** and sprinkle with **crushed roasted cashews**.
- Tear over **coriander** to serve. Enjoy!

Rate your recipe

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