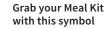
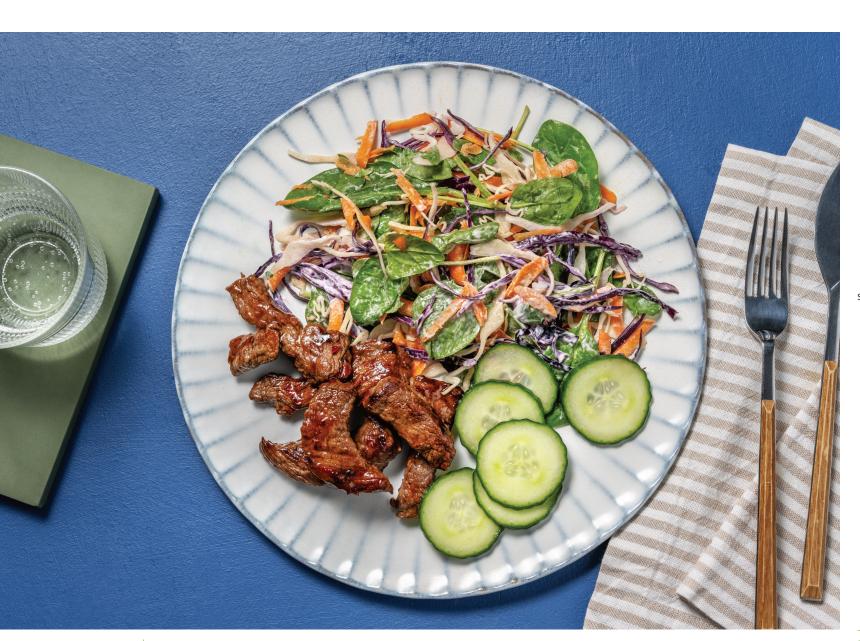


Asian-Style Beef & Rainbow Slaw with Pickled Cucumber & Garlic Aioli







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











Beef Strips

Carrot



Seasoning







Sauce

Garlic Aioli



Prep in: 20-30 mins Ready in: 20-30 mins

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



Olive Oil, Vinegar (White Wine or Rice Wine)

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
cucumber	1 (medium)	1 (large)
vinegar* (white wine or rice wine)	⅓ cup	½ cup
baby spinach leaves	1 small bag	1 medium bag
carrot	1	2
beef strips	1 small packet	2 small packets OR 1 large packet
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
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)	1728kJ (413Cal)	410kJ (98Cal)
Protein (g)	32.6g	7.7g
Fat, total (g)	19.5g	4.6g
- saturated (g)	4.5g	1.1g
Carbohydrate (g)	26g	6.2g
- sugars (g)	21.3g	5.1g
Sodium (mg)	1113mg	264mg
Dietary Fibre (g)	10g	2.4g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2525kJ (603Cal)	462kJ (110Cal)
Protein (g)	61.4g	11.2g
Fat, total (g)	27.8g	5.1g
- saturated (g)	7.8g	1.4g
Carbohydrate (g)	26g	4.8g
- sugars (g)	21.3g	3.9g
Sodium (mg)	1163mg	213mg
Dietary fibre	10g	1.8g

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 **cucumber** into rounds.
- In a medium bowl, combine the vinegar and a good pinch of sugar and salt.
- Add cucumber to the pickling liquid with just enough water to cover the cucumber. Set aside.
- Roughly chop baby spinach leaves. Grate the carrot. Transfer baby spinach and carrot to a large bowl.

TIP: Slicing the cucumber very thinly helps it pickle faster.



Toss the slaw

- While the beef is cooking, add shredded cabbage mix and garlic aioli to the bowl of baby spinach and carrot.
- Season to with **salt** and **pepper**. Toss to coat.



Cook the beef strips

- In a large frying pan, heat a drizzle of olive oil over high heat. When oil is
 hot, cook beef strips and sweet soy seasoning, tossing, until browned and
 cooked through, 1-2 minutes.
- Reduce heat to medium, then add sweet chilli sauce and simmer, until warmed through, 1-2 minutes.

Custom Recipe: If you've doubled your beef strips, cook in batches for best results. Return all beef to the pan, lower heat, then add the sweet chilli sauce as above.



Serve up

- Drain pickled cucumber.
- Divide Asian-style beef, rainbow slaw and pickled cucumber between plates.
- Spoon any remaining sweet chilli sauce from the pan over beef to serve.
 Enjoy!

