



Asian-Style Beef & Rainbow Slaw

with Pickled Cucumber & Garlic Aioli

Grab your Meal Kit with this symbol



Cucumber



Baby Spinach Leaves



Carrot



Beef Strips



Sweet Soy Seasoning



Sweet Chilli Sauce



Shredded Cabbage Mix



Garlic Aioli



Beef Strips

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

Calorie Smart

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.

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

Pantry items

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)	¼ 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

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1



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.

3



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.

2



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.

4



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!

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