



Honey-Soy Beef & Garlicky Greens

with Radish Slaw & Crispy Shallots

Grab your Meal Kit with this symbol



Cucumber



Garlic



Asian Greens



Radish



Sweet Soy Seasoning



Ginger Paste



Beef Strips



Mayonnaise



Slaw Mix



Herbs



Crispy Shallots



Beef Strips

Recipe Update

Due to local availability, the ingredients you receive may be a little different to what's pictured. It'll be just as delicious, just follow your recipe card!

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

Carb Smart

Nutty, flavoursome and simply delicious, this stir-fry brings together quick-cooking beef strips with a colourful radish slaw. The sneaky addition of crispy shallots for garnish is the best way to round out this delicious low-carb meal!

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

Pantry items

Olive Oil, Sesame Oil (optional), Honey, 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)
garlic	3 cloves	6 cloves
Asian greens	2 bunches	4 bunches
radish	1	2
sesame oil* (optional)	drizzle	drizzle
sweet soy seasoning	1 sachet	2 sachets
ginger paste	1 medium packet	1 large packet
beef strips	1 small packet	2 small packets OR 1 large packet
honey*	1 tsp	2 tsp
mayonnaise	1 medium packet	1 large packet
slaw mix	1 bag (150g)	1 bag (300g)
vinegar* (white wine or rice wine)	drizzle	drizzle
herbs	1 bag	1 bag
crispy shallots	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)	1922kJ (459Cal)	348kJ (83Cal)
Protein (g)	34.1g	6.2g
Fat, total (g)	25.7g	4.7g
- saturated (g)	6.5g	1.2g
Carbohydrate (g)	24.7g	4.5g
- sugars (g)	14.7g	2.7g
Sodium (mg)	1104mg	200mg
Dietary Fibre (g)	10.9g	2g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2719kJ (650Cal)	402kJ (96Cal)
Protein (g)	62.8g	9.3g
Fat, total (g)	34.1g	5g
- saturated (g)	9.8g	1.4g
Carbohydrate (g)	24.7g	3.6g
- sugars (g)	14.7g	2.2g
Sodium (mg)	1154mg	171mg
Dietary Fibre (g)	10.9g	1.6g

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



Cook the greens

- Thinly slice **cucumber** into half-moons. Finely chop **garlic**. Roughly chop **Asian greens**. Thinly slice **radish**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **Asian greens** until just wilted, **2-3 minutes**. Add **garlic** and a drizzle of **sesame oil** (if using) and cook until fragrant, **1 minute**. Season to taste.
- Transfer to a plate and cover to keep warm.

3



Prep the slaw

- While the beef is cooking, combine **mayonnaise**, **slaw mix**, **cucumber**, **radish** and a drizzle of **vinegar** in a large bowl. Toss to combine. Season to taste.

2



Cook the beef

- Meanwhile, combine **sweet soy seasoning**, **ginger paste** and a drizzle of **olive oil** in a medium bowl. 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**.
- Remove pan from heat, then add the **honey**, tossing the **beef strips** to coat.

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

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

4



Serve up

- Divide radish slaw between bowls. Top with garlicky greens and honey-soy beef.
- Spoon over any remaining juices from the pan.
- Tear over **herbs** and garnish with **crispy shallots** to serve. Enjoy!

Rate your recipe

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