



# Asian-Style Beef & Rainbow Slaw Bowl

with Pickled Cucumber & Garlic Aioli

SUMMER SALADS

Grab your Meal Kit with this symbol



Cucumber



Baby Spinach Leaves



Carrot



Beef Strips



Sweet Soy Seasoning



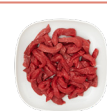
Sweet Chilli Sauce



Shredded Cabbage Mix



Garlic Aioli



Beef Strips

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

Carb Smart

You're going to love this winner dinner! Toss tender beef strips in sweet chilli sauce, then serve with a garlicky rainbow slaw to keep the carbs down and the flavour up.

**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
<b>olive oil*</b>	refer to method	refer to method
cucumber	1 (medium)	1 (large)
baby spinach leaves	1 small packet	1 medium packet
carrot	1	2
<b>vinegar*</b> (white wine or rice wine)	¼ cup	½ cup
beef strips	1 medium packet	2 medium 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 medium packet	1 large packet
garlic aioli	1 medium packet	1 large packet
beef strips**	1 medium packet	2 medium packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2099kJ (502Cal)	348kJ (83Cal)
Protein (g)	40g	6.6g
Fat, total (g)	19.7g	3.3g
- saturated (g)	11.8g	2g
Carbohydrate (g)	38.9g	6.5g
- sugars (g)	19.5g	3.2g
Sodium (mg)	319mg	53mg
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 (g)	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](https://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

2024 | CW10



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## Get prepped

- Thinly slice **cucumber** into rounds. Roughly chop **baby spinach leaves**. Grate **carrot**.
- 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.
- In a large bowl, combine **baby spinach** and **carrot**.

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

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## 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

- Discard any liquid from **beef strips** packaging.
- 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**.

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

**Custom Recipe:** If you've doubled your beef strips, cook in batches for best results. Return all beef to the pan, reduce heat, then continue with recipe.

4



## Serve up

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

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)