

# Asian-Style Beef & Ponzu Carrot Noodles

with Crushed Peanuts

Grab your Meal Kit with this symbol



Baby Leaves



Ponzu Sauce



Carrot Noodles



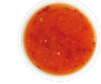
Shredded Cabbage Mix



Beef Strips



Garlic & Herb Seasoning



Sweet Chilli Sauce



Sesame Dressing



Crushed Peanuts



Coriander



Beef Strips

Prep in: **10-20 mins**  
Ready in: **15-25 mins**



Carb Smart\*

\*Custom Recipe is not Carb Smart

A slow bowl with tender beef on top already sounds like a winning dinner, but we think we can go a step further. Sweet garlicky flavours for the beef and a sticky ponzu sauce for the slaw. Seal the deal by drizzling over a sesame dressing.

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

### Pantry items

Olive Oil, Sesame 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
baby leaves	1 small packet	1 medium packet
ponzu sauce	1 medium packet	1 large packet
<b>sesame oil*</b>	1 tsp	2 tsp
<b>vinegar*</b> (white wine or rice wine)	drizzle	drizzle
carrot noodles	1 medium packet	1 large packet
shredded cabbage mix	1 medium packet	1 large packet
beef strips	1 medium packet	2 medium packets OR 1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
sweet chilli sauce	1 small packet	1 medium packet
sesame dressing	1 medium packet	1 large packet
crushed peanuts	1 medium packet	2 medium packets
coriander	1 packet	1 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)	2323kJ (555Cal)	544kJ (130Cal)
Protein (g)	36.9g	8.6g
Fat, total (g)	30.4g	7.1g
- saturated (g)	6.7g	1.6g
Carbohydrate (g)	32.9g	7.7g
- sugars (g)	22.6g	5.3g
Sodium (mg)	1416mg	331mg
Dietary Fibre (g)	10.1g	2.4g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3120kJ (746Cal)	565kJ (135Cal)
Protein (g)	65.7g	11.9g
Fat, total (g)	38.7g	7g
- saturated (g)	10g	1.8g
Carbohydrate (g)	32.9g	6g
- sugars (g)	22.6g	4.1g
Sodium (mg)	1466mg	265mg
Dietary fibre	10.1g	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.

1



## Get prepped

- Roughly chop **baby leaves**.
- In a large bowl, combine **ponzu sauce**, the **sesame oil** and a drizzle of **vinegar**. Add **carrot noodles** and toss to combine.

3



## Cook the beef

- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- When oil is hot, cook **beef strips** in batches, tossing, until browned and cooked through, **1-2 minutes**.
- Remove pan from heat, add **sweet chilli sauce** and toss **beef** to coat.

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

2



## Flavour the beef

- Add **shredded cabbage mix** and **baby leaves** to the **carrot noodles** and toss to combine. Season to taste.
- Discard any liquid from **beef strips** packaging. In a medium bowl, combine **beef strips**, **garlic & herb seasoning** and a drizzle of **olive oil**.

**Custom Recipe:** If you've doubled your beef strips, flavour in a large bowl and cook in batches for best results.

4



## Serve up

- Divide ponzu carrot noodle salad between bowls.
- Top with Asian-style beef, spooning over any remaining glaze from the pan.
- Drizzle with **sesame dressing**. Sprinkle with **crushed peanuts** and tear over **coriander** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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