



Sweet Chilli Beef & Sesame Veggie Toss

with Soy Mayo & Crushed Roasted Cashews

Grab your Meal Kit with this symbol



White Turnip



Carrot



Potato



Mixed Sesame Seeds



Mayonnaise



Beef Strips



Sweet Soy Seasoning



Sweet Chilli Sauce



Baby Leaves



Crushed Roasted Cashews



Beef Strips

Prep in: **15-25 mins**
Ready in: **30-40 mins**



Carb Smart*

*Custom Recipe is not Carb Smart

Are you ready to make one amazing dinner? Get the veggies roasted and coated in sesame seeds for a bit of crunch, whip up a mouth-watering soy-mayo to drizzle over the ginger and sweet chilli coated beef. If that's all done then on your marks, get set and dig in!

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

Pantry items

Olive Oil, Soy Sauce, Vinegar (White Wine or Rice Wine)

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after cutting raw meat/poultry.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
white turnip	1	2
carrot	2	4
potato	1	2
mixed sesame seeds	1 medium sachet	1 large sachet
mayonnaise	1 medium packet	1 large packet
soy sauce*	1 tsp	2 tsp
beef strips	1 medium packet	2 medium packets OR 1 large packet
sweet soy seasoning	1 medium sachet	2 medium sachets
sweet chilli sauce	1 small packet	1 medium packet
baby leaves	1 medium packet	1 large packet
vinegar* (white wine or rice wine)	drizzle	drizzle
crushed roasted cashews	1 medium packet	2 medium packets
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)	2353kJ (562Cal)	543kJ (130Cal)
Protein (g)	35.7g	8.2g
Fat, total (g)	30.6g	7.1g
- saturated (g)	7g	1.6g
Carbohydrate (g)	36.6g	8.5g
- sugars (g)	22.3g	5.2g
Sodium (mg)	1125mg	260mg
Dietary Fibre (g)	10.9g	2.5g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3150kJ (753Cal)	565kJ (135Cal)
Protein (g)	64.4g	11.5g
Fat, total (g)	39g	7g
- saturated (g)	10.3g	1.8g
Carbohydrate (g)	36.6g	6.6g
- sugars (g)	22.3g	4g
Sodium (mg)	1175mg	211mg
Dietary fibre (g)	10.9g	2g

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://www.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 | CW24



1



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **white turnip, carrot** and **potato** into bite-sized chunks.
- Place **veggies** on a lined oven tray and sprinkle with **mixed sesame seeds**. Drizzle with **olive oil**, season with **salt** and toss to coat. Roast until tender, **25-30 minutes**.

3



Cook the beef

- When the veggies have **5 minutes** remaining, heat a large frying pan over high heat with a drizzle of **olive oil**.
- When oil is hot, cook **beef strips** in batches, tossing, until browned and cooked through, **1-2 minutes**.
- Remove pan from heat, then add **sweet chilli sauce** and a splash of **water**, tossing **beef** to coat.

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

2



Get prepped

- Meanwhile, combine **mayonnaise** and the **soy sauce** in a small bowl. Set aside.
- Discard any liquid from **beef strips** packaging. In a medium bowl, combine **beef strips, sweet soy 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

- When the roasted veggies are done, add **baby leaves** and a drizzle of **vinegar** to the oven tray and gently toss to combine.
- Divide sesame veggie toss between plates. Top with sweet chilli beef and drizzle with soy mayo.
- Garnish with **crushed roasted cashews** to serve. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

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