



Sweet Soy Beef & Pumpkin Nourish Bowl

with Celery Slaw & Roasted Carrot

Grab your meal kit with this number

38



Carrot



Peeled Pumpkin Pieces



Celery



Shredded Cabbage Mix



Beef Strips



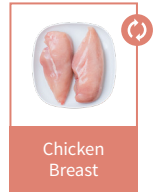
Sweet Soy Seasoning



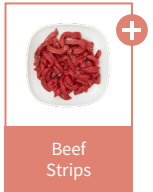
Soy Sauce Mix



Mayonnaise



Chicken Breast



Beef Strips

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

Carb Smart

If pumpkin is on the menu then fire up that oven and get ready for a delicious dinner. Sweet and soy beef strips in a rich sauce will be the perfect accompaniment to the vibrant veggies. If that wasn't enough to quip your interest, there's even a sprinkling of sesame seeds in the mix.

Pantry items

Olive Oil, Sesame Oil, Vinegar (White Wine or Rice Wine)

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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
carrot	1	2
peeled pumpkin pieces	1 medium packet	1 large packet
celery	1 stalk	2 stalks
shredded cabbage mix	1 medium packet	1 large packet
sesame oil*	1 tsp	2 tsp
vinegar* (white wine or rice wine)	drizzle	drizzle
beef strips	1 medium packet	2 medium packets OR 1 large packet
sweet soy seasoning	2 sachets	4 sachets
soy sauce mix	1 medium packet	1 large packet
mayonnaise	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2186kJ (522Cal)	384kJ (92Cal)
Protein (g)	35g	6.1g
Fat, total (g)	26.4g	4.6g
- saturated (g)	5.9g	1g
Carbohydrate (g)	31.8g	5.6g
- sugars (g)	22.4g	3.9g
Sodium (mg)	1851mg	325mg
Dietary Fibre (g)	9.5g	1.7g

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.

1



Roast the veggies

- Preheat oven to **220°C/200°C fan-forced**. Cut **carrot** into bite-sized chunks.
- Place **peeled pumpkin pieces** and **carrot** on a lined oven tray. Drizzle generously with **olive oil**, season with **salt** and **pepper** and toss to coat.
- Spread out evenly, then roast until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide between two trays.

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**. Cook **beef**, tossing, until browned and cooked through, **2-3 minutes**.
- Add **soy sauce mix** and cook, tossing, until sauce has slightly reduced, **1 minute**.

2



Get prepped

- Meanwhile, thinly slice **celery**.
- In a medium bowl, combine **shredded cabbage mix**, **celery**, the **sesame oil** and a drizzle of **vinegar**. Season to taste. Set aside.
- Discard any liquid from **beef strips** packaging.
- In a second medium bowl, combine **sweet soy seasoning** and a drizzle of **olive oil**. Add **beef strips** and toss to coat.

4



Serve up

- Divide roasted veggies, celery slaw and sweet soy beef between bowls.
- Dollop over **mayonnaise** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW25



CUSTOM OPTIONS



SWAP TO CHICKEN BREAST

Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.



DOUBLE BEEF STRIPS

Follow method above, cooking in batches if necessary.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

