



Sweet-Soy Beef & Ponzu Carrot Noodles

with Crushed Peanuts & Sesame Dressing

Grab your meal kit with this number

20



Baby Leaves



Ponzu Sauce



Carrot Noodles



Shredded Cabbage Mix



Beef Strips



Sweet Soy Seasoning



Sweet Chilli Sauce



Sesame Dressing



Crushed Peanuts



Coriander



Beef Strips



Chicken Breast

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

Calorie Reduced

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

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

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
baby leaves	1 small packet	1 medium packet
ponzu sauce	1 medium packet	1 large packet
sesame oil*	1 tsp	2 tsp
vinegar* (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
sweet soy seasoning	1 sachet	2 sachets
sweet chilli sauce	1 small packet	1 medium packet
sesame dressing	1 medium packet	1 large packet
crushed peanuts	1 packet	2 packets
coriander	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2256kJ (539Cal)	534kJ (128Cal)
Protein (g)	36.8g	8.7g
Fat, total (g)	30.3g	7.2g
- saturated (g)	6.7g	1.6g
Carbohydrate (g)	29.4g	7g
- sugars (g)	19.5g	4.6g
Sodium (mg)	1079mg	256mg
Dietary Fibre (g)	6.4g	1.5g

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.



Get prepped

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



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.*



Toss the salad

- 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**, **sweet soy seasoning** and a drizzle of **olive oil**.



Serve up

- Divide ponzu carrot noodle salad between bowls.
- Top with sweet-soy 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

2024 | CW31



CUSTOM OPTIONS

+ DOUBLE BEEF STRIPS

Follow method above, cooking in batches if necessary.

🔄 SWAP TO CHICKEN BREAST

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

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

