



Quick Korean Ginger Beef & Corn Slaw Bowl

with Fried Egg & Spring Onion

Grab your meal kit with this number

36



Sweetcorn



Baby Leaves



Spring Onion



Beef Strips



Ginger Paste



Korean Stir-Fry Sauce



Slaw Mix



Mayonnaise



Beef Rump



Beef Strips

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

Protein Rich

Carb Smart

This sizzling hot Korean-style beef from the pan is a delight unparalleled. Delicious marinated beef and the joy of simplicity are winners in this dish. Topped off with a fried egg and fresh spring onion, this dish is a brilliant twist on a weeknight dinner.

Pantry items

Olive Oil, Soy Sauce, Sesame Oil, Eggs, 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
sweetcorn	½ large tin	1 large tin
baby leaves	1 small packet	1 medium packet
spring onion	1 stem	2 stems
beef strips	1 medium packet	2 medium packets OR 1 large packet
ginger paste	1 medium packet	1 large packet
soy sauce*	1 tsp	2 tsp
sesame oil*	1 tsp	2 tsp
Korean stir-fry sauce	1 medium packet	1 large packet
eggs*	2	4
slaw mix	1 medium packet	1 large packet
mayonnaise	1 medium packet	1 large packet
vinegar* (white wine or rice wine)	drizzle	drizzle

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2326kJ (556Cal)	536kJ (128Cal)
Protein (g)	38.3g	8.8g
Fat, total (g)	32.8g	7.6g
- saturated (g)	7.1g	1.6g
Carbohydrate (g)	26.7g	6.2g
- sugars (g)	16.7g	3.8g
Sodium (mg)	1400mg	323mg
Dietary Fibre (g)	2.5g	0.6g

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

- Drain **sweetcorn** (see ingredients).
- Roughly chop **baby leaves**. Thinly slice **spring onion**.



Bring it all together

- Wash and dry the frying pan, then return to medium-high heat with a drizzle of **olive oil**. Crack the **eggs** into the pan and cook until egg whites are firm and yolks are cooked to your liking, **4-5 minutes**.
- Meanwhile, combine **slaw mix**, **baby leaves** and **spring onion** in a medium bowl, along with **mayonnaise** and a drizzle of **vinegar**.

TIP: Cooking the eggs for 4-5 minutes will give a soft yolk. Cook for 6-7 minutes to get a hard yolk.



Cook the beef

- In a large frying pan, heat a drizzle of **olive oil** over high heat. When oil is hot, cook **beef strips**, **sweetcorn** and **ginger paste**, tossing, until browned and cooked through, **1-2 minutes**.
- Reduce heat to medium, then add the **soy sauce**, **sesame oil**, **Korean stir-fry sauce** and a splash of **water** and cook until slightly reduced, **2-3 minutes**. Transfer to a plate and cover to keep warm.



Serve up

- Divide creamy slaw between bowls. Top with Korean beef and corn and a fried egg. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW32



CUSTOM OPTIONS



SWAP TO BEEF RUMP

Thinly slice into strips. Cook as above, for 1-2 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.

