



# Sweet Chilli-Glazed Beef & Rainbow Slaw

with Charred Corn & Garlic Aioli

Grab your meal kit with this number

36



Carrot



Pear



Celery



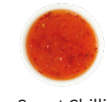
Sweetcorn



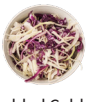
Beef Strips



Sweet Soy Seasoning



Sweet Chilli Sauce



Shredded Cabbage Mix



Garlic Aioli



Chicken Breast



Beef Strips

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

Protein Rich

Carb Smart

Sweet chilli and sweet soy, they're combining in the pan to transform these beef strips into a new taste sensation. The slaw is also glowing in the bowl when you toss it through with garlic aioli and serve with charred corn. The fam' will be gobbling this dinner down in seconds.

### Pantry items

Olive Oil, White Wine Vinegar



## 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
<b>olive oil*</b>	refer to method	refer to method
carrot	1	2
pear	1	2
celery	1 stalk	2 stalks
sweetcorn	1 medium tin	1 large tin
beef strips	1 medium packet	2 medium packets OR 1 large packet
sweet soy seasoning	2 sachets	4 sachets
sweet chilli sauce	1 medium packet	1 large packet
shredded cabbage mix	1 medium packet	1 large packet
garlic aioli	1 medium packet	1 large packet
<b>white wine vinegar*</b>	drizzle	drizzle

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2048kJ (489cal)	240kJ (57cal)
Protein (g)	31.8g	3.7g
Fat, total (g)	25.8g	3g
- saturated (g)	5.3g	0.6g
Carbohydrate (g)	30.5g	3.6g
- sugars (g)	22.3g	2.6g
Sodium (mg)	869mg	101.9mg
Dietary Fibre (g)	5.9g	0.7g

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](https://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 | CW35



## Get prepped

- Grate the **carrot**.
- Thinly slice **pear** into sticks. Finely chop **celery**.
- Drain the **sweetcorn**.
- Discard any liquid from **beef strips** packaging.
- In a medium bowl, combine **beef strips**, **sweet soy seasoning** and a drizzle of **olive oil**.



## Toss the slaw

- Meanwhile, add **shredded cabbage mix** to the **charred corn**, along with **pear**, **celery**, **carrot**, **garlic aioli** and a drizzle of **white wine vinegar**.
- Season and toss to combine.



## Cook the beef

- Heat a large frying pan over high heat. Cook **sweetcorn** until lightly browned, **4-5 minutes**. Transfer to a large bowl.
- Return frying pan to 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, add **sweet chilli sauce** and toss **beef** to coat.

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



## Serve up

- Divide rainbow slaw between bowls.
- Top with sweet chilli-glazed beef.
- Spoon any remaining sweet chilli glaze over beef to serve. Enjoy!

### CUSTOM OPTIONS



#### SWAP TO CHICKEN BREAST

Cut chicken horizontally into steaks. Follow method above, cooking for 3-6 minutes each side.



#### 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.

