

Quick Honey-Soy Beef & Garlicky Greens

with Radish Slaw & Crispy Shallots

Grab your meal kit with this number

27



Cucumber



Asian Greens



Sweet Soy Seasoning



Beef Strips



Slaw Mix



Crispy Shallots



Beef Strips



Garlic



Radish



Ginger Paste



Mayonnaise



Coriander



Diced Chicken

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



Protein Rich



Carb Smart

Flavoursome and simply delicious, this stir-fry brings together quick-cooking beef strips with a colourful radish slaw. The sneaky addition of crispy shallots for garnish is the best way to round out this delicious low-carb meal!

Pantry items

Olive Oil, Sesame Oil, Honey, 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
olive oil*	refer to method	refer to method
cucumber	1 (medium)	1 (large)
garlic	3 cloves	6 cloves
Asian greens	2 packets	4 packets
radish	1	2
sesame oil* (optional)	drizzle	drizzle
sweet soy seasoning	1 sachet	2 sachets
ginger paste	1 medium packet	1 large packet 2 medium packets
beef strips	1 medium packet	OR 1 large packet
honey*	1 tsp	2 tsp
mayonnaise	1 medium packet	1 large packet
slaw mix	1 medium packet	1 large packet
vinegar* (white wine or rice wine)	drizzle	drizzle
coriander	1 packet	1 packet
crispy shallots	1 medium sachet	1 large sachet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1864kJ (446cal)	204kJ (49cal)
Protein (g)	34g	3.7g
Fat, total (g)	24.5g	2.7g
- saturated (g)	6.5g	0.7g
Carbohydrate (g)	20.5g	2.2g
- sugars (g)	12g	1.3g
Sodium (mg)	722mg	79mg
Dietary Fibre (g)	6g	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 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

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Cook the greens

- Thinly slice **cucumber** into half-moons. Finely chop **garlic**. Roughly chop **Asian greens**. Thinly slice **radish**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **Asian greens** until just wilted, **2-3 minutes**. Add **garlic** and a drizzle of **sesame oil (if using)** and cook until fragrant, **1 minute**. Season to taste.
- Transfer to a plate and cover to keep warm.



Prep the slaw

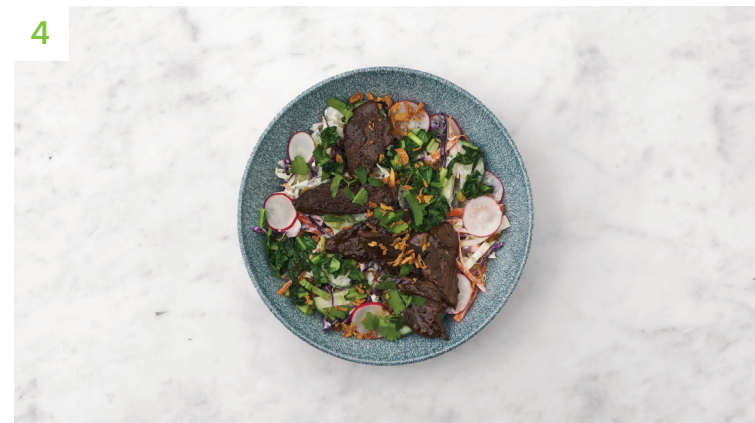
- While the beef is cooking, combine **mayonnaise**, **slaw mix**, **cucumber**, **radish** and a drizzle of **vinegar** in a large bowl. Toss to combine. Season to taste.



Cook the beef

- Meanwhile, combine **sweet soy seasoning**, **ginger paste** and a drizzle of **olive oil** in a medium bowl. Add **beef strips** and toss to coat.
- Return the frying pan to high heat with a drizzle of **olive oil**. When oil is hot, cook **beef strips** in batches until browned and cooked through, **1-2 minutes**.
- Remove pan from heat, then add the **honey**, tossing the **beef** to coat.

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



Serve up

- Divide radish slaw between bowls.
- Top with garlicky greens and honey-soy beef strips.
- Spoon over any remaining juices from the pan.
- Tear over **coriander** and garnish with **crispy shallots** to serve. Enjoy!

CUSTOM OPTIONS

+ DOUBLE BEEF STRIPS

Follow method above, cooking in batches if necessary.

↻ SWAP TO DICED CHICKEN

Follow method above, cooking 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.

