



# Korean Beef & Corn Slaw Bowl

with Fried Egg & Spring Onion

HELLOHERO

Grab your meal kit with this number

12



Sweetcorn



Baby Leaves



Spring Onion



Beef Strips



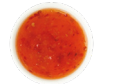
Ginger Paste



Teriyaki Sauce



Slaw Mix



Sweet Chilli Sauce



Beef Strips



Chicken Breast

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



Protein Rich



Carb Smart

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

### Pantry items

Olive Oil, 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
<b>olive oil*</b>	refer to method	refer to method
sweetcorn	2 medium tins	2 medium tins
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
<b>sesame oil*</b>	1 tsp	2 tsp
teriyaki sauce	1 medium packet	1 large packet
<b>eggs*</b>	2	4
slaw mix	1 medium packet	1 large packet
sweet chilli sauce	½ large packet	1 large packet
<b>vinegar*</b> (white wine or rice wine)	drizzle	drizzle

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2032kJ (482cal)	482kJ (114cal)
Protein (g)	38.2g	9.1g
Fat, total (g)	23.9g	5.7g
- saturated (g)	6g	1.4g
Carbohydrate (g)	29.6g	7g
- sugars (g)	20.2g	4.8g
Sodium (mg)	1220mg	289.1mg
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](https://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**.
- 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, in a medium bowl, combine **slaw mix**, **baby leaves**, **spring onion**, **sweet chilli sauce** 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 **sesame oil**, **teriyaki sauce** and a splash of **water**, then cook until slightly reduced, **2-3 minutes**. Transfer to a plate and cover to keep warm.



## Serve up

- Divide slaw between bowls.
- Top with Korean beef and corn and a fried egg. Season to taste.
- Garnish with spring onion to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW49



### CUSTOM OPTIONS



#### DOUBLE BEEF STRIPS

Follow method above, cooking in batches if necessary.



#### SWAP TO CHICKEN BREAST

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

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

