



Asian 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



Korean Stir-Fry Sauce



Slaw Mix



Japanese Dressing



Beef Strips



Chicken Breast

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



Protein Rich



Carb Smart

This sizzling hot Asian-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 |
|--|-----------------|---------------------------------------|
| 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 |
| 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 |
| Japanese dressing | 1 packet | 2 packets |
| vinegar* (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 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, in a medium bowl, combine **slaw mix, baby leaves, spring onion, Japanese dressing** and a drizzle of **vinegar**. Mix to combine.

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, 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 slaw between bowls.
- Top with Asian beef, 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 | CW51



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.

