



Asian Beef & Carrot Ribbon Salad

with Zesty Dressing & Peanuts

SUMMER SALADS

NEW

Grab your meal kit with this number

14



Cucumber



Tomato



Carrot



Lemon



Beef Rump



Sweet Chilli Sauce



Mixed Salad Leaves



Japanese Dressing



Crushed Peanuts



Coriander



Beef Rump



Peeled Prawns

Prep in: 20-30 mins
Ready in: 25-35 mins



Protein Rich



Carb Smart

Get ready for a flavour-packed trip to the culinary destination of Asia! Tender beef mingles with bright and crunchy carrot ribbons, all tossed in a zesty chilli dressing that brings sweet and hot together. Fresh coriander tops it off, adding a herbaceous punch to each bite. Light, bright, and full of zing—this salad is a refreshing twist on big flavours!

Pantry items

Olive Oil

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)
tomato	1	2
carrot	1	2
lemon	½	1
beef rump	1 medium packet	2 medium packets OR 1 large packet
sweet chilli sauce	1 small packet	1 medium packet
mixed salad leaves	1 medium packet	1 large packet
Japanese dressing	1 packet	2 packets
crushed peanuts	1 packet	2 packets
coriander	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1721kJ (356cal)	356kJ (74cal)
Protein (g)	37.3g	7.7g
Fat, total (g)	19.2g	4g
- saturated (g)	6.1g	1.3g
Carbohydrate (g)	19.8g	4.1g
- sugars (g)	15.3g	3.2g
Sodium (mg)	320mg	66.3mg
Dietary Fibre (g)	7.3g	1.5g

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.

Top Steak Tips!

1. Remove steak from packaging and set aside at room temperature 15 minutes before cooking.
2. Use paper towel to pat steak dry before seasoning.
3. Check if steak is done by pressing on it gently with tongs: rare steak is soft, medium is springy and well-done is firm.
4. Let steak rest on a plate for 5 minutes before slicing.



Get prepped

- See **'Top Steak Tips!'** (below left).
- Slice **cucumber** into thin half-moons.
- Cut **tomato** into thin wedges.
- Using a vegetable peeler, peel **carrot** into ribbons.
- Slice **lemon** into wedges.
- Season **beef rump** with **salt** and **pepper**.



Toss the salad

- In a large bowl, combine **mixed salad leaves**, **carrot**, **cucumber**, **tomato**, **Japanese dressing** and a generous squeeze of **lemon juice**. Season to taste.



Cook the beef

- In a large frying pan, heat a drizzle of **olive oil** over high heat. When oil is hot, cook **beef** for **2 minutes** each side for medium-rare, or until cooked to your liking.
- Remove pan from heat, then add **sweet chilli sauce** and turn to coat.
- Transfer to a plate to rest.



Serve up

- Slice beef.
- Divide carrot ribbon salad between bowls. Top with Asian beef.
- Drizzle over remaining glaze. Sprinkle with **crushed peanuts** and tear over **coriander** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW51



CUSTOM OPTIONS

+ DOUBLE BEEF RUMP

Follow method above, cooking in batches if necessary.

+ ADD PEELED PRAWNS

Cook, tossing, until pink and starting to curl up, 3-4 minutes.

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

