

Honey-Soy Beef & Sesame Greens

with Radish Slaw

Grab your Meal Kit with this symbol



Celery



Garlic



Asian Greens



Radish



Mixed Sesame Seeds



Beef Strips



Mayonnaise



Slaw Mix






Herbs



Crispy Shallots

Keep an eye out...
Due to sourcing challenges over the Christmas period, some of the fresh ingredients you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

 Hands-on: **15-25 mins**
 Ready in: **15-25 mins**
 Carb Smart

Nutty, 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 (Optional), Honey, Soy Sauce

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
celery	1 stalk	2 stalks
garlic	3 cloves	6 cloves
Asian greens	2 heads	4 heads
radish	1	2
sesame oil* (optional)	drizzle	drizzle
mixed sesame seeds	1 sachet	1 sachet
honey*	1 tbs	2 tbs
soy sauce*	½ tbs	1 tbs
beef strips	1 packet	1 packet
mayonnaise	40g	80g
slaw mix	1 bag (150g)	1 bag (300g)
herbs	1 bag	1 bag
crispy shallots	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1954kJ (467Cal)	381kJ (91Cal)
Protein (g)	36.6g	7.1g
Fat, total (g)	27.1g	5.3g
- saturated (g)	6.5g	1.3g
Carbohydrate (g)	21.5g	4.2g
- sugars (g)	12.2g	2.4g
Sodium (mg)	1014mg	198mg
Dietary Fibre (g)	8.8g	1.7g

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.

1



Cook the greens

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

3



Toss the slaw

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

2



Cook the beef

- While the veggies are cooking, combine the **honey**, **soy sauce**, remaining **sesame seeds** and a drizzle of **olive oil** in a small bowl. Season with **pepper**.
- Return the frying pan to a 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**.
- Add **honey-soy sauce mixture** and cook, tossing **beef strips** to coat in the sauce, **1-2 minutes**.

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

4



Serve up

- Divide radish between bowls. Top with sesame greens and honey-soy beef.
- Spoon over any remaining glaze from the pan.
- Tear over **herbs** and garnish with **crispy shallots** to serve.

Enjoy!