



# Sri Lankan Beef & Carrot Noodle Salad

with Roasted Cashews & Mayonnaise

NEW

DIETITIAN APPROVED

Grab your Meal Kit with this symbol



Garlic



Baby Spinach Leaves



Sri Lankan Spice Blend



Sweet Chilli Sauce



Mayonnaise



Crushed Roasted Cashews



Coriander



Beef Strips



Carrot Noodles

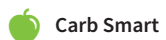


Shredded Cabbage Mix



Chicken Breast

Prep in: 15-25 mins  
Ready in: 20-30 mins



**1** Eat Me Early\*  
\*Custom Recipe only

Spiralised carrot noodles are a heavenly alternative to heavy noodles. With a little help from Sri Lankan spices, tender beef strips and crunchy cashews, you'll feel like you're floating on a cloud.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, White Wine Vinegar, Honey



## 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
<b>olive oil*</b>	refer to method	refer to method
garlic	2 cloves	4 cloves
baby spinach leaves	1 small bag	1 medium bag
beef strips	1 packet	1 packet
Sri Lankan spice blend	1 sachet	1 sachet
sweet chilli sauce	1 packet (25g)	1 packet (50g)
<b>white wine vinegar*</b>	drizzle	drizzle
carrot noodles	1 medium packet	1 large packet
<b>honey*</b>	½ tbs	1 tbs
shredded cabbage mix	1 bag (150g)	1 bag (300g)
mayonnaise	1 medium packet	1 large packet
crushed roasted cashews	1 packet	2 packets
coriander	1 bag	1 bag
chicken breast**	1 packet	1 packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2349kJ (561Cal)	539kJ (129Cal)
Protein (g)	35.6g	8.2g
Fat, total (g)	31.9g	7.3g
- saturated (g)	7.1g	1.6g
Carbohydrate (g)	32.3g	7.4g
- sugars (g)	18.8g	4.3g
Sodium (mg)	569mg	131mg
Dietary Fibre (g)	7.9g	1.8g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2312kJ (553Cal)	491kJ (117Cal)
Protein (g)	39.3g	8.3g
Fat, total (g)	29.3g	6.2g
- saturated (g)	5.5g	1.2g
Carbohydrate (g)	32.3g	6.9g
- sugars (g)	18.8g	4g
Sodium (mg)	617mg	131mg
Dietary Fibre (g)	7.9g	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](https://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



2023 | CW06

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## Get prepped

- Finely chop **garlic**. Roughly chop **baby spinach leaves**.
- Discard any **liquid** from **beef strips** packaging. In a medium bowl, combine **beef strips**, **Sri Lankan spice blend**, a generous pinch of **salt** and **pepper** and a drizzle of **olive oil**. Set aside.

**Custom Recipe:** If you've swapped from beef to chicken, cut chicken breast into 2cm chunks. Combine chicken with spice blend as above.

3



## Cook the beef strips

- Return the frying pan to high heat with a drizzle of **olive oil**.
- When oil is hot, cook **beef strips** in batches, tossing, until browned and cooked through, **1-2 minutes**.
- Return all **beef** to the pan. Remove pan from heat, then add the **honey** and toss to combine.

**Custom Recipe:** Heat the frying pan as above. When oil is hot, cook chicken, tossing occasionally, until browned and cooked through, 5-6 minutes. Remove pan from heat and add honey, tossing chicken to coat.

2



## Make the dressing

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **garlic** until fragrant, **1-2 minutes**. Transfer the **garlic oil mixture** to a large bowl.
- To the bowl with the **garlic oil**, add **sweet chilli sauce**, a drizzle of **white wine vinegar** and a splash of **water**. Season and stir to combine.
- Add **carrot noodles** to the **sweet chilli dressing**. Toss to coat and set aside.

4



## Serve up

- Meanwhile, add **shredded cabbage mix** and baby spinach to carrot noodles. Toss well to combine and season to taste.
- Divide carrot noodle salad between bowls. Top with Sri Lankan beef strips.
- Dollop with **mayonnaise** and sprinkle with **crushed roasted cashews**. Tear over **coriander** to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)