



# One-Pan Vietnamese-Style Beef Bowl

with Deluxe Slaw & Crispy Shallots

Grab your Meal Kit with this symbol



Sweetcorn



Oyster Sauce



Sesame Oil Blend



Beef Mince



Garlic Paste



Ginger Lemongrass Paste



Deluxe Slaw Mix



Garlic Aioli

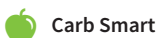


Crispy Shallots



Beef Strips

Prep in: **10-20 mins**  
Ready in: **25-35 mins**



We've flavoured juicy beef mince with zingy ginger and lemongrass, nutty sesame oil, plus sweet and savoury oyster sauce and swapped rice out for a crunchy and colourful slaw to soak up the saucy deliciousness.

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

## Pantry items

Olive Oil, Brown Sugar, Soy Sauce, Eggs, Vinegar (White Wine or Rice Wine)

## Before you start

Wash your hands and any fresh food.

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	1 tin (125g)	1 tin (300g)
<b>oyster sauce</b>	1 medium packet	1 large packet
<b>brown sugar*</b>	1 tsp	2 tsp
<b>soy sauce*</b>	½ tbs	1 tbs
<b>water*</b>	2 tbs	¼ cup
<b>eggs*</b>	2	4
sesame oil blend	½ packet	1 packet
beef mince	1 small packet	2 small packets OR 1 large packet
garlic paste	1 packet	2 packets
ginger lemongrass paste	½ packet	1 packet
deluxe slaw mix	1 medium bag	1 large bag
garlic aioli	1 medium packet	1 large packet
<b>vinegar*</b> (white wine or rice wine)	drizzle	drizzle
crispy shallots	1 medium packet	1 large packet
beef strips**	1 small packet	2 small packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2627kJ (628Cal)	691kJ (165Cal)
Protein (g)	39.3g	10.3g
Fat, total (g)	46.2g	12.1g
- saturated (g)	11g	2.9g
Carbohydrate (g)	20.9g	5.5g
- sugars (g)	12.8g	3.4g
Sodium (mg)	1777mg	467mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2452kJ (586Cal)	645kJ (154Cal)
Protein (g)	41.3g	10.9g
Fat, total (g)	40.6g	10.7g
- saturated (g)	8.5g	2.2g
Carbohydrate (g)	20.9g	5.5g
- sugars (g)	12.9g	3.4g
Sodium (mg)	1770mg	465mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/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



1



## Get prepped

- Drain **sweetcorn**.
- In a small bowl, combine **oyster sauce**, the **brown sugar**, the **soy sauce** and the **water**.

3



## Cook the beef

- Return pan to medium-high heat with **sesame oil blend** (see ingredients).
- When oil is hot, cook **beef mince** and **corn**, breaking up **mince** with a spoon, until browned, **3-4 minutes**.
- Reduce heat to medium, then add **garlic paste** and **ginger lemongrass paste** (see ingredients). Cook until fragrant, **1 minute**.
- Stir in **oyster sauce mixture** until combined, **1 minute**. Season with **pepper**.

**TIP:** Drain oil from pan before adding the pastes for best results.

**Custom Recipe:** If you've upgraded to beef strips, heat pan as above. When oil is hot, cook beef strips and corn, tossing, until browned, 2-3 minutes. Reduce heat and continue with step.

2



## Fry the eggs

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- When oil is hot, crack the **eggs** into pan.
- Cook until whites are firm and yolks are cooked to your liking, **4-5 minutes**. Transfer to a plate. Season and cover to keep warm.

4



## Serve up

- In a large bowl, combine **deluxe slaw mix**, **garlic aioli** and a drizzle of **vinegar** and olive oil. Toss to combine.
- Divide deluxe slaw and Vietnamese-style pork between bowls. Top with fried egg.
- Sprinkle with **crispy shallots** to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

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