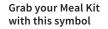


Asian-Style Beef & Rainbow Slaw with Garlic Aioli





















Shredded Cabbage



Japanese Style Dressing



Crunchy Fried Noodles



Pantry items Olive Oil, Soy Sauce

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



Carb Smart



You're going to love this winner dinner! Toss tender beef strips in sweet chilli sauce, then serve with crunchy fried

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
olive oil*	refer to method	refer to method
carrot	1	2
beef strips	1 small packet	2 small packets OR 1 large packet
sweet chilli sauce	1 medium packet	2 medium packets
soy sauce*	1 tbs	2 tbs
mixed salad leaves	1 medium bag	1 large bag
shredded cabbage mix	1 medium bag	1 large bag
Japanese style dressing	1 medium packet	2 medium packets
crunchy fried noodles	½ packet	1 packet
garlic aioli	1 medium packet	1 large packet
prawns**	1 packet (200g)	2 packets (400g)

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2427kJ (580Cal)	626kJ (150Cal)
Protein (g)	34.5g	8.9g
Fat, total (g)	35.3g	9.1g
- saturated (g)	5.9g	1.5g
Carbohydrate (g)	30.8g	7.9g
- sugars (g)	20.6g	5.3g
Sodium (mg)	1110mg	286mg
Dietary Fibre (g)	6.4g	1.7g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1919kJ (459Cal)	529kJ (126Cal)
Protein (g)	19.1g	5.3g
Fat, total (g)	28.7g	7.9g
- saturated (g)	2.9g	0.8g
Carbohydrate (g)	30.8g	8.5g
- sugars (g)	20.6g	5.7g
Sodium (mg)	1697mg	468mg
Dietary Fibre (g)	6.4g	1.8g

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.







Get prepped

Grate carrot.



Toss the slaw

- While the beef is cooking, in a large bowl, add carrot, mixed salad leaves, shredded cabbage mix and Japanese style dressing.
- · Toss to coat. 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 strips**, in batches (this helps the beef stay tender), until browned and cooked through, **1-2 minutes**.
- Return all beef to pan. Reduce heat to medium, then add sweet chilli sauce and the soy sauce, tossing, until warmed through, 1-2 minutes.

Custom Recipe: If you've upgraded to prawns, in a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook prawns, tossing, until pink and starting to curl up, 3-4 minutes. Reduce heat to medium and add the sauces as above.



Serve up

- Divide Asian-style beef and rainbow slaw between plates. Top with crunchy fried noodles (see ingredients).
- Spoon any remaining sauce from pan over beef. Serve with **garlic aioli**. Enjoy!

Custom Recipe: Divide Asian-style prawns and rainbow slaw between plates.