



Quick Sweet Chilli Beef & Slaw Bowl

with Crushed Peanuts

SUMMER SALADS

Grab your Meal Kit with this symbol



Carrot



Pea Pods



Beef Strips



Sweet Soy Seasoning



Sweet Chilli Sauce



Shredded Cabbage Mix



Baby Spinach Leaves



Garlic Aioli



Crushed Peanuts



Coriander



Beef Strips

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



Carb Smart*

*Custom recipe is not Carb Smart

We're in our light and bright era this Summer, so only a salad will do. With our shredded cabbage mix doing the most, you only need to sear some sweet chilli beef and sprinkle some crushed peanuts to have a salad fit for a sunny Sunday evening.

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

Pantry items

Olive Oil, Soy Sauce, Honey

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
pea pods	1 small bag	1 medium bag
beef strips	1 small packet	2 small packets OR 1 large packet
sweet soy seasoning	1 medium packet	2 medium packets
sweet chilli sauce	1 medium packet	2 medium packets
soy sauce*	1 tsp	2 tsp
honey*	1 tsp	2 tsp
shredded cabbage mix	1 medium bag	1 large bag
baby spinach leaves	1 small bag	1 medium bag
garlic aioli	1 medium packet	1 large packet
crushed peanuts	1 medium packet	1 large packet
coriander	1 bag	1 bag
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)	2206kJ (527Cal)	547kJ (131Cal)
Protein (g)	37.7g	9.3g
Fat, total (g)	29.4g	7.3g
- saturated (g)	5g	1.2g
Carbohydrate (g)	27.6g	6.8g
- sugars (g)	22.9g	5.7g
Sodium (mg)	1620mg	401mg
Dietary Fibre (g)	7.5g	1.9g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2966kJ (709Cal)	561kJ (134Cal)
Protein (g)	67.7g	12.8g
Fat, total (g)	36.1g	6.8g
- saturated (g)	7.8g	1.5g
Carbohydrate (g)	27.7g	5.2g
- sugars (g)	23.1g	4.4g
Sodium (mg)	1679mg	318mg

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.

We're here to help!

Scan here if you have any questions or concerns



1



Get prepped

- Grate **carrot**.
- Trim and roughly chop **pea pods**.
- In a medium bowl, combine **beef strips**, **sweet soy seasoning** and a drizzle of **olive oil**.

Custom Recipe: If you've doubled your beef strips, prepare beef as above.

3



Glaze the beef & toss the slaw

- Remove frying pan from heat and return all **beef** to pan.
- Stir in **sweet chilli sauce**, the **soy sauce**, **honey** and a dash of **water**, until coated. Season to taste.
- Meanwhile, in a medium bowl, combine carrot, pea pods, **shredded cabbage mix**, **baby spinach leaves**, **garlic aioli** and a drizzle of olive oil. Season.

2



Cook the beef

- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- When oil is hot, cook **beef strips**, tossing, in batches until browned and cooked through, **1-2 minutes**.

Custom Recipe: Cook beef strips as above, in batches for the best results.

4



Serve up

- Divide slaw between bowls. Top with sweet chilli beef.
- Sprinkle over **crushed peanuts**. Tear over **coriander** to serve. Enjoy!

Rate your recipe

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