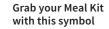


# Quick Sweet Chilli Beef & Slaw Bowl with Crushed Peanuts

SUMMER SALADS















**Beef Strips** 

Seasoning





Sweet Chilli Sauce





**Baby Spinach** Leaves

Garlic Aioli





**Crushed Peanuts** 

Coriander





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.

Olive Oil, Soy Sauce, Honey

**Pantry items** 

# 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

9				
	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		

<sup>\*</sup>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)	<b>561kJ</b> (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





# 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.



#### 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.



# 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.



## Serve up

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

