

Honey-Soy Beef & Wombok Salad

with Sesame Dressing & Crunchy Noodles

EXPLORER

Grab your Meal Kit with this symbol



Cucumber



Long Chilli (Optional)



Beef Strips



Baby Spinach Leaves



Shredded Wombok



Sesame Dressing



Crunchy Fried Noodles



Beef Strips

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



Carb Smart*

*Custom recipe is not Carb Smart

This one is sure to catch your eye, perfectly dressed with curly and crunchy noodles, bright chilli and tender beef strips. What's underneath is just as special, with a tasty wombok salad forming the perfect base for this perfect dish!

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

Pantry items

Olive Oil, Soy Sauce, Honey, White Wine Vinegar

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
cucumber	1	2
long chilli  (optional)	½	1
soy sauce*	2 tbs	¼ cup
honey*	2 tbs	¼ cup
beef strips	1 medium packet	2 medium packets OR 1 large packet
baby spinach leaves	1 medium packet	1 large packet
shredded wombok	1 medium packet	1 large packet
sesame dressing	2 medium packets	4 medium packets
white wine vinegar*	drizzle	drizzle
crunchy fried noodles	1 medium packet	2 medium packets
beef strips**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2101kJ (502Cal)	543kJ (130Cal)
Protein (g)	33.9g	8.8g
Fat, total (g)	28.8g	7.4g
- saturated (g)	5.9g	1.5g
Carbohydrate (g)	27.1g	7g
- sugars (g)	17.9g	4.6g
Sodium (mg)	1355mg	350mg
Dietary Fibre (g)	3.4g	0.9g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2883kJ (689Cal)	563kJ (135Cal)
Protein (g)	63.3g	12.4g
Fat, total (g)	36.4g	7.1g
- saturated (g)	9.1g	1.8g
Carbohydrate (g)	27.1g	5.3g
- sugars (g)	17.9g	3.5g
Sodium (mg)	1419mg	277mg
Dietary Fibre	3.4g	0.7g

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

- Cut **cucumber** into sticks.
- Thinly slice **long chilli** (if using).
- In a small bowl, combine the **soy sauce**, **honey** and a splash of **water**.

3



Toss salad

- In a large bowl, add **cucumber**, **baby spinach leaves**, **shredded wombok**, **sesame dressing** and a drizzle of **white wine vinegar**.
- Toss to combine and season to taste.

2



Cook beef

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

TIP: Cooking the meat in batches over high heat helps it stay tender.

Custom Recipe: If you've doubled your beef strips, cook beef strips as above, in batches for best results.

4



Serve up

- Divide wombok salad between bowls.
- Top with honey-soy beef. Spoon over any remaining glaze from pan.
- Sprinkle over **crunchy fried noodles** and **chilli** to serve. Enjoy!

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