



Quick Asian-Style Beef & Rainbow Slaw

with Crunchy Fried Noodles

Grab your Meal Kit with this symbol



Carrot



Beef Strips



Sweet Chilli Sauce



Mixed Salad Leaves



Shredded Cabbage Mix



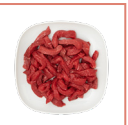
Sesame Dressing



Crunchy Fried Noodles



Garlic Aioli



Beef Strips

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

Carb Smart*
**Custom recipe is not Carb Smart*

You're going to love this winner dinner! Toss tender beef strips in sweet chilli sauce, then serve with crunchy fried noodles and a garlicky rainbow slaw to keep the carbs down and the flavour up.

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

Pantry items

Olive Oil, Soy Sauce

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 medium packet	2 medium 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 packet	1 large packet
shredded cabbage mix	1 medium packet	1 large packet
sesame dressing	1 medium packet	2 medium packets
crunchy fried noodles	½ medium packet	1 medium packet
garlic aioli	1 medium packet	1 large packet
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)	2612kJ (624Cal)	665kJ (159Cal)
Protein (g)	34.6g	8.8g
Fat, total (g)	40.3g	10.3g
- saturated (g)	6.6g	1.7g
Carbohydrate (g)	30.8g	7.8g
- sugars (g)	20.6g	5.2g
Sodium (mg)	1121mg	285mg
Dietary Fibre (g)	6.5g	1.7g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3394kJ (811Cal)	655kJ (157Cal)
Protein (g)	64g	12.4g
Fat, total (g)	47.9g	9.3g
- saturated (g)	9.9g	1.9g
Carbohydrate (g)	30.9g	6g
- sugars (g)	20.7g	4g
Sodium (mg)	1184mg	229mg
Dietary Fibre (g)	6.5g	1.3g

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**.



Toss the slaw

- While the beef is cooking, in a large bowl, add **carrot, mixed salad leaves, shredded cabbage mix** and **sesame 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 doubled your beef strips, prepare beef as above, in batches, returning all beef to pan before adding the sweet chilli sauce and soy sauce.



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!

Rate your recipe

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