



Asian Beef & Crunchy Fried Noodle Salad

with Pickled Cucumber Ribbons & Sesame Dressing

FEEL GOOD TAKEAWAY

NEW

Grab your Meal Kit with this symbol



Cucumber



Carrot



Beef Strips



Asian BBQ Seasoning



Mixed Salad Leaves



Slaw Mix



Sesame Dressing



Crunchy Fried Noodles



Coconut Sweet Chilli Mayonnaise



Beef Strips

Recipe Update

We've replaced the deluxe salad mix in this recipe with slaw mix due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

Prep in: 15-25 mins
Ready in: 25-35 mins

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

Deliciously, smokey beef strips have made a return to the HelloFresh menu. Bountifully paired with a crunchy, sesame-soy laced salad, you'll be thanking us before you've even finished plating this one up.

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

Pantry items

Olive Oil, Vinegar (White Wine or Rice Wine), Plain Flour, 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
cucumber	1	2
carrot	1	2
vinegar* (white wine or rice wine)	¼ cup	½ cup
beef strips	1 medium packet	2 medium packets OR 1 large packet
Asian BBQ seasoning	1 medium sachet	2 medium sachets
plain flour*	1 tbs	2 tbs
mixed salad leaves	1 small packet	1 medium packet
slaw mix	1 small packet	1 large packet
sesame dressing	1 medium packet	2 medium packets
soy sauce*	½ tbs	1 tbs
crunchy fried noodles	1 medium packet	2 medium packets
coconut sweet chilli mayonnaise	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)	2539kJ (607Cal)	582kJ (139Cal)
Protein (g)	34.6g	7.9g
Fat, total (g)	39g	8.9g
- saturated (g)	6.8g	1.6g
Carbohydrate (g)	29.3g	6.7g
- sugars (g)	14.9g	3.4g
Sodium (mg)	1467mg	336mg
Dietary Fibre (g)	5.7g	1.3g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3321kJ (794Cal)	592kJ (141Cal)
Protein (g)	64.1g	11.4g
Fat, total (g)	46.6g	8.3g
- saturated (g)	10.1g	1.8g
Carbohydrate (g)	29.3g	5.2g
- sugars (g)	14.9g	2.7g
Sodium (mg)	1530mg	273mg
Dietary Fibre	5.7g	1g

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



Pickle the veggies

- Using a vegetable peeler, slice **cucumber** and **carrot** into ribbons.
- In a large bowl, combine the **vinegar** and a generous pinch of **sugar** and **salt**.
- Add **cucumber** and **carrot** to pickling liquid. Add enough **water** to just cover veggies. Set aside and allow veggies to pickle, **10-15 minutes**.

TIP: Slicing the veggies very thinly helps them pickle faster!

3



Toss the salad

- Drain **pickled cucumber** and **carrot**, reserving a splash of pickling liquid for the salad.
- Add **mixed salad leaves**, **slaw mix**, **sesame dressing** and the **soy sauce** to bowl with pickled veggies. Toss to combine. Season to taste.

2



Cook the beef

- Once veggies have pickled, in a medium bowl, combine **beef strips**, **Asian BBQ seasoning** and the **plain flour**.
- In a large frying pan, heat a drizzle of **olive oil** over high heat. When oil is hot, shake off excess **flour** and cook **beef strips**, tossing, in batches until browned and cooked through, **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, season and cook beef as above, in batches for best results.

4



Serve up

- Divide salad between bowls.
- Top with beef and **crunchy fried noodles**. Drizzle with **coconut sweet chilli mayonnaise** to serve. Enjoy!

Rate your recipe

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