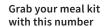


Quick Asian-Style Beef & Rainbow Slaw with Crunchy Fried Noodles













Sweet Chilli







Shredded Cabbage





Crunchy Fried Noodles



Garlic Aioli





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

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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 packet	1 packet
garlic aioli	1 medium packet	1 large packet
* D		

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2622kJ (627Cal)	668kJ (160Cal)
Protein (g)	34.1g	8.7g
Fat, total (g)	40.8g	10.4g
- saturated (g)	6.9g	1.8g
Carbohydrate (g)	30.9g	7.9g
- sugars (g)	20.7g	5.3g
Sodium (mg)	1129mg	287mg
Dietary Fibre (g)	6.5g	1.7g
Fat, total (g) - saturated (g) Carbohydrate (g) - sugars (g) Sodium (mg)	40.8g 6.9g 30.9g 20.7g 1129mg	10.4g 1.8g 7.9g 5.3g 287mg

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.



Get prepped

Grate carrot.



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 (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.



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.



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!





