

Quick Asian-Style Beef & Rainbow Slaw

with Crunchy Fried Noodles

Grab your meal kit
with this number

19



Carrot



Beef Strips



Sweet Chilli
Sauce



Mixed Salad
Leaves



Shredded Cabbage
Mix



Sesame Dressing



Crunchy Fried
Noodles



Garlic Aioli




Peeled
Prawns



Beef
Strips

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

 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.

Pantry items

Olive Oil, Soy Sauce

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

*Pantry Items

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

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.

1



Get prepped

- Grate **carrot**.

3



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.

2



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**.

4



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!

We're here to help!

Scan here if you have any questions or concerns



CUSTOM OPTIONS



SWAP TO PEELED PRAWNS

Cook, tossing, until pink and starting to curl up, 3-4 minutes. Continue with step.



DOUBLE BEEF STRIPS

Follow method above, cooking in batches if necessary.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

