



# Asian-Style Beef & Rainbow Slaw

with Crunchy Fried Noodles

HELLOHERO

Grab your meal kit with this number

20



Carrot



Spring Onion



Beef Strips



Sweet Chilli Sauce



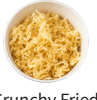
Mixed Salad Leaves



Shredded Cabbage Mix



Sesame Dressing



Crunchy Fried Noodles



Garlic Aioli



Beef Strips



Pork Loin Steak

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



Protein Rich



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
<b>olive oil*</b>	refer to method	refer to method
carrot	1	2
spring onion	1 stem	2 stems
beef strips	1 medium packet	2 medium packets OR 1 large packet
sweet chilli sauce	1 medium packet	2 medium packets
<b>soy sauce*</b>	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)	2619kJ (626cal)	352kJ (84cal)
Protein (g)	34.3g	4.6g
Fat, total (g)	40.5g	5.4g
- saturated (g)	6.7g	0.9g
Carbohydrate (g)	31.2g	4.2g
- sugars (g)	21g	2.8g
Sodium (mg)	1127mg	151.3mg
Dietary Fibre (g)	6.7g	0.9g

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](https://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**.
- Thinly slice **spring onion**.



## Toss the slaw

- While the beef is cooking, in a large bowl, add **carrot, spring onion, mixed salad leaves, shredded cabbage mix** and **sesame dressing**.
- Toss to coat. Season with **salt** and **pepper**.



## 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**.



## Serve up

- Divide Asian-style beef and rainbow slaw between bowls.
- 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

**+** **DOUBLE BEEF STRIPS**  
Follow method above, cooking in batches if necessary.

**↻** **SWAP TO PORK LOIN STEAK**  
In a large frying pan, cook with a drizzle of olive oil until cooked through, for 3-4 minutes each side. Transfer to a plate to rest. Slice to serve.

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

