



Quick Asian-Style Beef & Slaw with Crunchy Fried Noodles

HELLOHERO

Grab your meal kit
with this number

20



Carrot



Spring Onion



Beef Strips



Sweet Chilli
Sauce



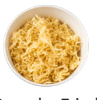
Mixed Salad
Leaves



Shredded Cabbage
Mix



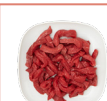
Sesame Dressing



Crunchy Fried
Noodles



Garlic Aioli



Beef
Strips



Peeled
Prawns

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
olive oil*	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
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)	352kJ (84cal)
Protein (g)	35.2g	4.7g
Fat, total (g)	40.2g	5.4g
- saturated (g)	6.6g	0.9g
Carbohydrate (g)	31.2g	4.2g
- sugars (g)	21g	2.8g
Sodium (mg)	1133mg	152.1mg
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 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 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 PEELED PRAWNS

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

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

