



Quick Asian Beef & Crunchy Fried Noodle Salad

with Pickled Cucumber Ribbons & Sesame Dressing

FEEL GOOD TAKEAWAY

Grab your meal kit with this number

41



Cucumber



Carrot



Beef Strips



Asian BBQ Seasoning



Mixed Salad Leaves



Deluxe Salad Mix



Sesame Dressing



Crunchy Fried Noodles



Coconut Sweet Chilli Mayonnaise



Beef Strips



Chicken Tenderloins

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



Protein Rich



Carb Smart

Deliciously, smoky 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.

Pantry items

Olive Oil, Vinegar (White Wine or Rice Wine), Plain Flour, 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
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 sachet	2 sachets
plain flour*	1 tbs	2 tbs
mixed salad leaves	1 small packet	1 medium packet
deluxe salad mix	1 medium packet	1 large packet
sesame dressing	1 medium packet	2 medium packets
soy sauce*	½ tbs	1 tbs
crunchy fried noodles	1 packet	2 packets
coconut sweet chilli mayonnaise	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2529kJ (604cal)	303kJ (72cal)
Protein (g)	34.4g	4.1g
Fat, total (g)	39.5g	4.7g
- saturated (g)	7g	0.8g
Carbohydrate (g)	27.7g	3.3g
- sugars (g)	13.7g	1.6g
Sodium (mg)	1266mg	151.8mg
Dietary Fibre (g)	5.6g	0.7g

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.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW44



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 it pickle faster!

3



Toss the salad

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

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.

4



Serve up

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

CUSTOM OPTIONS



DOUBLE BEEF STRIPS

Follow method above, cooking in batches if necessary.



SWAP TO CHICKEN TENDERLOINS

Follow method above, cooking chicken tenderloins for 3-4 minutes each side.

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

