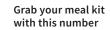


Quick Asian Beef & Crunchy Fried Noodle Salad with Pickled Cucumber Ribbons & Sesame Dressing

FEEL GOOD TAKEAWAY















Asian BBQ Seasoning





Leaves



Sesame Dressing



Crunchy Fried Noodles



Coconut Sweet Chilli Mayonnaise





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

Carb Smart





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

9			
	2 People	4 People	
olive oil*	refer to method	refer to method	
cucumber	1	2	
carrot	1	2	
vinegar* (white wine or rice wine)	1/4 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	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.



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!



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.



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.



Serve up

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



