

Quick Asian Beef & Crunchy Noodle Salad

Grab your meal kit with this number



with Rainbow Ribbons & Sesame Dressing

FEEL GOOD TAKEAWAY



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

Protein Rich

Carb Smart

Deliciously, smokey 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



Crunchy Fried Noodles



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

	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	1 medium packet	1 large packet	

chilli mayonnaise *Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2560kJ (587cal)	587kJ (135cal)
Protein (g)	34.6g	7.9g
Fat, total (g)	39.6g	9.1g
- saturated (g)	7.1g	1.6g
Carbohydrate (g)	29.3g	6.7g
- sugars (g)	14.9g	3.4g
Sodium (mg)	1475mg	338.3mg
Dietary Fibre (g)	5.7g	1.3g

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 | CW49



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 the 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

CUSTOM

OPTIONS

- 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.

Follow method above, cooking in batches

DOUBLE BEEF STRIPS

if necessary.

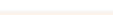
Serve up

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

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.



ADD JAPANESE TOFU Cut into 2cm chunks. Cook with a drizzle of olive oil, tossing, until browned, 3-4 minutes.

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

