



# Quick Honey-Soy Beef & Wombok Salad

with Sesame Dressing & Crunchy Noodles

NEW

Grab your Meal Kit with this symbol



Cucumber



Beef Strips



Baby Spinach Leaves



Shredded Wombok



Sesame Dressing



Long Chilli (Optional)



Crunchy Fried Noodles



Beef Strips

Prep in: 20-30 mins  
Ready in: 20-30 mins

Carb Smart

This one is sure to catch your eye, perfectly dressed with curly and crunchy noodles, bright chilli and tender beef strips. What's underneath is just as special, with a tasty wombok salad forming the perfect base for this perfect dish!

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Soy Sauce, Honey, White Wine Vinegar

## Before you start

Wash your hands and any fresh food.

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
cucumber	1	2
<b>soy sauce*</b>	2 tbs	¼ cup
<b>honey*</b>	2 tbs	¼ cup
beef strips	1 small packet	1 medium packet
baby spinach leaves	1 medium bag	1 large bag
shredded wombok	1 medium bag	1 large bag
sesame dressing	1 packet	2 packets
<b>white wine vinegar*</b>	drizzle	drizzle
long chilli  (optional)	½	1
crunchy fried noodles	1 packet	2 packets
beef strips**	1 small packet	1 medium packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2339kJ (559Cal)	617kJ (147Cal)
Protein (g)	42.3g	11.2g
Fat, total (g)	25.7g	6.8g
- saturated (g)	5.8g	1.5g
Carbohydrate (g)	36.1g	9.5g
- sugars (g)	14.3g	3.8g
Sodium (mg)	1371mg	362mg
Dietary Fibre (g)	3.1g	0.8g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2710kJ (648Cal)	534kJ (128Cal)
Protein (g)	64.3g	12.7g
Fat, total (g)	31.1g	6.1g
- saturated (g)	8.3g	1.6g
Carbohydrate (g)	27.4g	5.4g
- sugars (g)	18g	3.5g
Sodium (mg)	1408mg	278mg
Dietary Fibre (g)	3.1g	0.6g

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.

## We're here to help!

Scan here if you have any questions or concerns



## Get prepped

- Cut **cucumber** into sticks.
- In a small bowl, combine the **soy sauce**, the **honey** and a splash of **water**.

**Custom Recipe:** If you've doubled your beef strips, also double the soy sauce and honey.



## Toss salad

- In a large bowl, combine **cucumber**, **baby spinach leaves**, **shredded wombok**, **sesame dressing** and a drizzle of the **white wine vinegar**. Season to taste.



## Cook beef

- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- When oil is hot, cook **beef strips** in batches until browned and cooked through, **1-2 minutes**.
- Add **honey-soy mixture** and cook, tossing, until slightly thickened, **1-2 minutes**.

**TIP:** Cooking the meat in batches over high heat helps it stay tender.

**Custom Recipe:** For best results, cook beef strips in batches.



## Serve up

- Finely chop **long red chilli** (if using). Divide wombok salad between bowls.
- Top with honey-soy beef. Spoon over any remaining glaze from pan.
- Sprinkle over **crunchy fried noodles** and **chilli** to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

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