



Thai-Style Beef & Loaded Slaw

with Roast Sweet Potato, Apple & Coriander

Grab your Meal Kit with this symbol



Sweet Potato



Zucchini



Apple



Garlic



Long Chilli (Optional)



Oyster Sauce



Crispy Shallots



Coriander



Ginger Paste



Beef Mince



Shredded Cabbage Mix



Garlic Aioli Mix

Prep in: 20-30 mins
Ready in: 30-40 mins

Carb Smart

Juicy beef mince is the perfect protein for the Thai-inspired flavours of this dish, soaking up the ginger and garlic-spiked oyster sauce like a treat. Keep the carbs down by serving it over a textural slaw that's brimming with all the good stuff.

Pantry items

Olive Oil, Brown Sugar, Rice Wine Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	1	2
zucchini	1	2
apple	1	2
garlic	2 cloves	4 cloves
long chilli  (optional)	½	1
oyster sauce	1 packet (50g)	1 packet (100g)
ginger paste	1 medium packet	1 large packet
brown sugar*	½ tsp	1 tsp
rice wine vinegar*	1 tsp	2 tsp
beef mince	1 small packet	1 medium packet
shredded cabbage mix	1 medium bag	1 large bag
garlic aioli	1 medium packet	1 large packet
crispy shallots	1 medium packet	1 large packet
coriander	1 bag	1 bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2355kJ (563Cal)	492kJ (118Cal)
Protein (g)	34.5g	7.2g
Fat, total (g)	35.7g	7.5g
- saturated (g)	8.8g	1.8g
Carbohydrate (g)	34.1g	7.1g
- sugars (g)	17.6g	3.7g
Sodium (mg)	1438mg	300mg
Dietary Fibre (g)	6.8g	1.4g

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.

1



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **sweet potato** and **zucchini** into bite-sized chunks.
- Place prepped **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Roast until tender, **20-25 minutes**, then set aside to slightly cool.

TIP: If your oven tray is crowded, divide the veggies between two trays.

2



Get prepped

- While the veggies are roasting, thinly slice **apple**. Transfer to a large bowl. Set aside.
- Finely chop **garlic** and **long chilli** (if using).

3



Combine the sauce

- In a small bowl, combine **oyster sauce**, **ginger paste**, **garlic**, the **brown sugar** and the **rice wine vinegar**.
- Add 1/2 the **chilli** and a splash of **water**, stirring to combine.

4



Cook the beef

- While the roast veggies are cooling, heat a large frying pan over high heat with a drizzle of **olive oil**.
- Cook **beef mince**, breaking up with a spoon, until just browned, **3-4 minutes**.
- Reduce heat to medium, then add **oyster sauce mixture**. Cook, stirring, until, slightly thickened, **1-2 minutes**. Remove from heat.

TIP: For best results, drain the oil from the pan before adding the sauce mixture.

5



Toss the slaw

- To the bowl with the apple, add the slightly cooled roasted **veggies**, the **shredded cabbage mix**, **garlic aioli** and 1/2 the **crispy shallots**.
- Drizzle with **olive oil**, tossing to combine.
- Season to taste.

6



Serve up

- Divide slaw with roast sweet potato and apple between bowls.
- Top with Thai-style beef, torn **coriander** leaves and remaining chilli.
- Sprinkle with remaining crispy shallots to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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