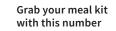


Asian-Style Beef & Rainbow Slaw with Crunchy Fried Noodles

HELLOHERO









Spring Onion



Sweet Chilli Sauce



Mixed Salad Leaves

Shredded Cabbage







Sesame Dressing

Crunchy Fried Noodles









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

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
spring onion	1 stem	2 stems
beef strips	1 medium packet	2 medium packets OR 1 large packet
sweet chilli sauce	1 medium packet	2 medium packets
soy sauce*	1 tbs	2 tbs
mixed salad leaves	1 medium packet	1 large packet
shredded cabbage mix	1 medium packet	1 large packet
sesame dressing	1 medium packet	2 medium packets
crunchy fried noodles	½ packet	1 packet
garlic aioli	1 medium packet	1 large packet
*Pantry Items		

Nutrition

THOSE TOTOLS			
Avg Qty	Per Serving	Per 100g	
Energy (kJ)	2619kJ (626cal)	352kJ (84cal)	
Protein (g)	34.3g	4.6g	
Fat, total (g)	40.5g	5.4g	
- saturated (g)	6.7g	0.9g	
Carbohydrate (g)	31.2g	4.2g	
- sugars (g)	21g	2.8g	
Sodium (mg)	1127mg	151.3mg	
Dietary Fibre (g)	6.7g	0.9g	

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.



Get prepped

- Grate carrot.
- Thinly slice **spring onion**.



Cook the beef

- In a large frying pan, heat a drizzle of **olive oil** over high heat. When oil is hot, cook **beef strips**, tossing, in batches (this helps the beef stay tender), until browned and cooked through, **1-2 minutes**.
- Return all beef to pan. Reduce heat to medium, then add sweet chilli sauce and the soy sauce, tossing, until warmed through, 1-2 minutes.



Toss the slaw

- While the beef is cooking, in a large bowl, add carrot, spring onion, mixed salad leaves, shredded cabbage mix and sesame dressing.
- · Toss to coat. Season with salt and pepper.



Serve up

- Divide Asian-style beef and rainbow slaw between plates.
- Top with crunchy fried noodles (see ingredients).
- Spoon any remaining sauce from pan over beef.
- Serve with garlic aioli. Enjoy!







