



Thai Beef Salad with Sweet Chilli Lemon Dressing

FRESH & FAST Box to plate: 15 mins

Grab your
Fresh & Fast
Meal Kit



Nutrition Per Serving: Energy 2018kJ (482Cal) | Protein 44.9g | Fat, total 17g - saturated 2.8g | Carbohydrate 28.9g - sugars 17.6g | Sodium 1051mg
Calorie Smart | Naturally gluten-free (Not suitable for coeliacs)

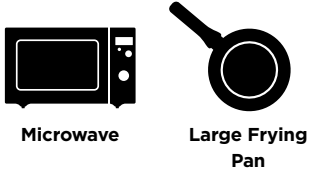
Contact us | hello@hellofresh.com.au
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Get ready

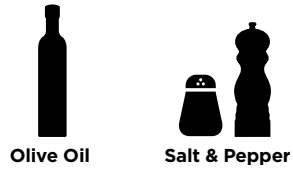
Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You'll need

(along with the basics)



From the pantry



From the cool pouch

	2P	4P
Roasted Pumpkin	1 pkt	2 pkts
Sweet Chilli Sauce	1 pkt (25g)	1 pkt (50g)
Beef Strips	1 pkt	1 pkt
Ginger Lemongrass Paste	1 pkt	2 pkts

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. Chop



2. Sizzle



3. Toss



- Zap **pumpkin** in microwave until hot and steaming, **2-3 mins**
- Cut **lemon** in half
- Chop **tomato**
- Thinly slice **cucumber**
- Grab a bowl. Combine **sweet chilli, lemon juice** and a **good drizzle** of **olive oil**

- Heat a **drizzle** of **olive oil** in a frying pan over high heat
- Cook **beef** and **spice blend**, tossing, until browned, **1-2 mins**
- Add **ginger lemongrass paste** and cook until fragrant, **1 min**

- Add **tomato, cucumber, beef** and **salad leaves** to bowl with **dressing**
- **Season** and toss
- Plate up **salad** and **pumpkin**
- Scatter over **peanuts to serve**

