



Easy Korean Beef, Corn & Slaw Bowl

with Fried Egg & Coriander

EXPLORER

Grab your Meal Kit with this symbol



Sweetcorn



Baby Spinach Leaves



Beef Strips



Ginger Paste



Korean Stir-Fry Sauce



Slaw Mix



Mayonnaise



Coriander



Chicken Breast

Prep in: 10-20 mins
Ready in: 15-25 mins

Carb Smart

Eat Me Early*
*Custom Recipe only

This sizzling hot Korean beef from the pan is a delight unparalleled. Delicious marinated beef and the joy of simplicity are winners in this dish. A sprinkle of crushed peanuts are the crowning glory of this brilliant twist on the weeknight dinner.

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

Pantry items

Olive Oil, Soy Sauce, Sesame Oil, Eggs, Vinegar (White Wine or Rice Wine)

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
olive oil*	refer to method	refer to method
sweetcorn	1 tin	1 tin
baby spinach leaves	1 small bag	1 medium bag
beef strips	1 small packet	2 small packets OR 1 large packet
ginger paste	1 medium packet	1 large packet
soy sauce*	1 tsp	2 tsp
sesame oil*	1 tsp	2 tsp
Korean stir-fry sauce	1 medium packet	1 large packet
eggs*	2	4
slaw mix	1 bag (150g)	1 bag (300g)
mayonnaise	1 medium packet	1 large packet
vinegar* (white wine or rice wine)	drizzle	drizzle
coriander	1 bag	1 bag
chicken breast**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2049kJ (490Cal)	498kJ (119Cal)
Protein (g)	39.8g	9.7g
Fat, total (g)	29.2g	7.1g
- saturated (g)	6.7g	1.6g
Carbohydrate (g)	21.4g	5.2g
- sugars (g)	13.5g	3.3g
Sodium (mg)	1515mg	368mg
Dietary Fibre (g)	4.3g	1g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1998kJ (478Cal)	447kJ (107Cal)
Protein (g)	44.1g	9.9g
Fat, total (g)	26.1g	5.8g
- saturated (g)	5g	1.1g
Carbohydrate (g)	22.2g	5g
- sugars (g)	13.6g	3g
Sodium (mg)	1564mg	350mg
Dietary Fibre(g)	4.3g	1g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information. Visit hellofresh.co.nz/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



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1



Get prepped

- Drain the **sweetcorn**. Roughly chop **baby spinach leaves**.

Custom Recipe: If you've swapped beef strips for chicken breast, cut chicken breast into 2cm chunks.

3



Bring it all together

- Wash and dry the frying pan, then return to medium-high heat with a drizzle of **olive oil**. Crack the **eggs** into the pan and cook until egg whites are firm and yolks are cooked to your liking, **4-5 minutes**.
- Meanwhile, combine **slaw mix** and **baby spinach** in a medium bowl, along with **mayonnaise** and a drizzle of **vinegar**.

TIP: Cooking the eggs for 4-5 minutes will give a soft yolk. Cook for 6-7 minutes to get a hard yolk.

2



Cook the beef

- In a large frying pan, heat a drizzle of **olive oil** over high heat. When oil is hot, cook **beef strips**, **sweetcorn** and **ginger paste**, tossing, until browned and cooked through, **1-2 minutes**.
- Reduce heat to medium, then add the **soy sauce**, **sesame oil**, **Korean stir-fry sauce** and a splash of **water**, and cook until slightly reduced, **2-3 minutes**. Transfer to a plate and cover to keep warm.

Custom Recipe: Heat the pan as above. When oil is hot, cook chicken, tossing occasionally, until browned and cooked through, 5-6 minutes. In the last 2 minutes of cook time, add sweetcorn and ginger paste and cook, 1-2 minutes. Continue as above.

4



Serve up

- Divide creamy slaw between bowls. Top with Korean beef, corn and a fried egg.
- Tear over **coriander** to serve. Enjoy!

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