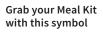


SUMMER SALADS





















Ginger Paste





Sweet Soy





Shredded Cabbage

Garlic Aioli





Crushed Peanuts

Coriander





Carb Smart* *Custom recipe is not Carb Smart This dish is a mad genius, with flavour explosions going off in every bite. The beef strips are served on top of a fragrant and creamy slaw with notes of both ginger and garlic. We say that sounds (and tastes) like success!

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

Pantry items

Olive Oil, Sesame Oil, Soy Sauce, Brown Sugar

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

ingi calcine				
	2 People	4 People		
olive oil*	refer to method	refer to method		
celery	1 stalk	2 stalks		
carrot	1	2		
pear	1	2		
lemon	1/2	1		
garlic	1 clove	2 cloves		
ginger paste	1 medium packet	1 large packet		
sesame oil*	1 tbs	2 tbs		
soy sauce*	½ tbs	1 tbs		
brown sugar*	pinch	pinch		
beef strips	1 small packet	2 small packets OR 1 large packet		
sweet soy seasoning	1 sachet	2 sachets		
shredded cabbage mix	1 bag (150g)	1 bag (300g)		
garlic aioli	1 medium packet	1 large packet		
crushed peanuts	1 packet	2 packets		
coriander	½ bag	1 bag		
beef strips**	1 small packet	2 small packets OR 1 large packet		

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2500kJ (598Cal)	525kJ (125Cal)
Protein (g)	36.4g	7.6g
Fat, total (g)	34.7g	7.3g
- saturated (g)	6.8g	1.4g
Carbohydrate (g)	31.9g	6.7g
- sugars (g)	24.2g	5.1g
Sodium (mg)	1284mg	270mg
Dietary Fibre (g)	12.4g	2.6g
Oueten Design		

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3296kJ (788Cal)	548kJ (131Cal)
Protein (g)	65.2g	10.8g
Fat, total (g)	43g	7.2g
- saturated (g)	10.1g	1.7g
Carbohydrate (g)	31.9g	5.3g
- sugars (g)	24.2g	4g
Sodium (mg)	1334mg	222mg

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

2024 | CW07



Get prepped

- Thinly slice celery. Grate carrot. Thinly slice pear into wedges. Zest lemon to get a pinch, then slice into wedges.
- Finely grate (or crush) garlic. In a medium heatproof bowl, add ginger paste and garlic.



Make the dressing

- In a large frying pan, heat the **sesame oil** over high heat until smoking, 30 seconds.
- Carefully pour hot sesame oil over the garlic-ginger mixture.
- Add the **soy sauce**, a pinch of **brown sugar** and a generous squeeze of lemon juice. Mix well and set aside.

TIP: The hot oil will bubble up and 'cook' the ginger and garlic.



Cook the beef strips

- Discard any liquid from beef strips packaging.
- In a medium bowl, combine sweet soy seasoning, the lemon zest and a drizzle of **olive oil**. Add **beef strips** and toss to coat.
- Return frying pan to high heat with a drizzle of **olive oil**. When oil is hot, cook beef strips in batches, until browned and cooked through, 1-2 minutes. Transfer to a plate and set aside.

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

Custom Recipe: If you've doubled your beef strips, combine in a large bowl.



Serve up

- In a large bowl, combine **shredded cabbage mix**, celery, carrot and pear. Add garlic-ginger dressing and **garlic aioli** and toss to coat. Season to taste.
- Divide slaw between bowls. Top with beef strips.
- Garnish with **crushed peanuts** and tear over **coriander (see ingredients)**. Serve with any remaining lemon wedges. Enjoy!



Did we make your tastebuds happy? Let our culinary team know: hellofresh.co.nz/rate

