



Korean-Style Beef & Sesame Cucumber Slaw

with Crispy Shallots

SUMMER SALADS

Grab your Meal Kit with this symbol



Garlic



Cucumber



Baby Leaves



Mixed Sesame Seeds



Korean Stir-Fry Sauce



Ginger Paste



Beef Strips



Slaw Mix



Mayonnaise



Crispy Shallots



Beef Strips

Prep in: 20-30 mins
Ready in: 25-35 mins



Carb Smart*
*Custom Recipe is not Carb Smart

How to improve on your everyday beef strips? Toss them in some Korean stir-fry sauce, of course! It adds loads of flavour and that saucy touch that makes every mouthful a delight. The addition of creamy slaw and crispy shallots are just the ticket to seal the deal.

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

Pantry items

Olive Oil, Vinegar (White Wine or Rice Wine), Sesame Oil

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
garlic	2 cloves	4 cloves
cucumber	1 (medium)	1 (large)
baby leaves	1 medium packet	1 large packet
mixed sesame seeds	1 medium sachet	1 large sachet
Korean stir-fry sauce	1 medium packet	1 large packet
vinegar* (white wine or rice wine)	1 tsp	2 tsp
ginger paste	1 medium packet	1 large packet
beef strips	1 medium packet	2 medium packets OR 1 large packet
slaw mix	1 medium packet	1 large packet
mayonnaise	1 large packet	2 large packets
sesame oil*	drizzle	drizzle
crispy shallots	1 medium packet	1 large packet
beef strips**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2374kJ (567Cal)	561kJ (134Cal)
Protein (g)	34.3g	8.1g
Fat, total (g)	38.7g	9.1g
- saturated (g)	8.7g	2.1g
Carbohydrate (g)	24.8g	5.9g
- sugars (g)	13g	3.1g
Sodium (mg)	1340mg	317mg
Dietary Fibre (g)	4.1g	1.2g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3171kJ (758Cal)	579kJ (138Cal)
Protein (g)	63g	11.5g
Fat, total (g)	47g	8.6g
- saturated (g)	12g	2.2g
Carbohydrate (g)	24.8g	4.5g
- sugars (g)	13g	2.4g
Sodium (mg)	1390mg	254mg

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



1



Get prepped

- Finely chop **garlic**. Thinly slice **cucumber** into half-moons. Roughly chop **baby leaves**.
- Heat a large frying pan over medium-high heat. Toast **mixed sesame seeds**, tossing, until golden, **3-4 minutes**. Transfer to a large bowl and set aside.
- In a small bowl, combine **Korean stir-fry sauce**, the **vinegar**, **garlic**, **ginger paste** and a splash of **water**. Set aside.

3



Toss the slaw

- Add **slaw mix** to the bowl of toasted **sesame seeds**, along with **cucumber**, **baby leaves**, **mayonnaise**, the **sesame oil** and a drizzle of **vinegar**. Toss to combine and season to taste.

2



Cook the beef

- Return the 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**.
- Return all **beef** to the pan (along with any resting juices), then add **Korean sauce mixture** and cook until slightly reduced and fragrant, **1 minute**.

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

Custom Recipe: If you've doubled your beef strips, cook in batches for the best results.

4



Serve up

- Divide sesame cucumber slaw between bowls. Top with Korean-style beef.
- Garnish with **crispy shallots** to serve. Enjoy!

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