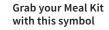


Korean-Style Beef & Sesame Cucumber Slaw

with Crispy Shallots

SUMMER SALADS











Cucumber



Baby Leaves

Mixed Sesame Seeds





Korean Stir-Fry Sauce

Ginger Paste





Beef Strips

Slaw Mix





Crispy Shallots Mayonnaise



Pantry items

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

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.

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

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	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

2024 | CW12



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.



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.



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.



Serve up

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



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