



Quick Korean Beef, Corn & Slaw Bowl

with Fried Egg & Spring Onion

EXPLORER

Grab your Meal Kit with this symbol



Sweetcorn



Baby Leaves



Beef Strips



Ginger Paste



Korean Stir-Fry Sauce



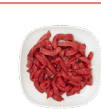
Slaw Mix



Mayonnaise



Spring Onion



Beef Strips

Prep in: **10-30 mins**
Ready in: **15-25 mins**



Carb Smart*

*Custom recipe is not Carb Smart

This sizzling hot Korean-style beef from the pan is a delight unparalleled. Delicious marinated beef and the joy of simplicity are winners in this dish. Topped off with a fried egg and fresh spring onion, this dish is a brilliant twist on a 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	½ large tin	1 large tin
baby leaves	1 small packet	1 medium packet
beef strips	1 medium packet	2 medium 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 medium packet	1 large packet
mayonnaise	1 medium packet	1 large packet
vinegar* (white wine or rice wine)	drizzle	drizzle
spring onion	1 stem	2 stems
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)	2089kJ (499Cal)	487kJ (116Cal)
Protein (g)	40.2g	9.4g
Fat, total (g)	28.3g	6.6g
- saturated (g)	6.8g	1.6g
Carbohydrate (g)	22g	5.1g
- sugars (g)	14.4g	3.4g
Sodium (mg)	1490mg	347mg
Dietary Fibre (g)	3g	0.8g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2886kJ (690Cal)	521kJ (125Cal)
Protein (g)	69g	12.5g
Fat, total (g)	36.6g	6.6g
- saturated (g)	10.1g	1.8g
Carbohydrate (g)	22g	4g
- sugars (g)	14.4g	2.6g
Sodium (mg)	1540mg	278mg

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 | CW15



Get prepped

- Drain **sweetcorn** (see ingredients). Roughly chop **baby leaves**.



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 leaves** 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.



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**. Cook until slightly reduced, **2-3 minutes**. Transfer to a plate and cover to keep warm.

Custom Recipe: If you've doubled your beef strips, cook in batches for best results. Return all beef to pan before adding sauces. Continue with recipe.



Serve up

- Thinly slice **spring onion**.
- Divide creamy slaw between bowls. Top with Korean beef and corn and a fried egg.
- Garnish with spring onion to serve. Enjoy!

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