



Thai-Style Beef & Pear Slaw

with Garlic Ginger Dressing & Crushed Peanuts

Grab your Meal Kit with this symbol



Celery



Pear



Carrot



Lime



Garlic



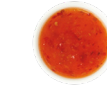
Ginger Paste



Beef Strips



Seasoning Blend



Sweet Chilli Sauce



Shredded Cabbage Mix



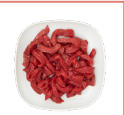
Garlic Aioli



Crushed Peanuts



Coriander



Beef Strips

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



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

	2 People	4 People
olive oil*	refer to method	refer to method
celery	1 stalk	2 stalks
pear	1	2
carrot	1	2
lime	½	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 medium packet	2 medium packets OR 1 large packet
seasoning blend	1 sachet	2 sachets
sweet chilli sauce	1 medium packet	1 large packet
shredded cabbage mix	1 medium packet	1 large packet
garlic aioli	1 medium packet	1 large packet
crushed peanuts	1 medium packet	2 medium packets
coriander	1 packet	1 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)	2683kJ (641Cal)	586kJ (140Cal)
Protein (g)	36.2g	7.9g
Fat, total (g)	40.3g	8.8g
- saturated (g)	7.6g	1.7g
Carbohydrate (g)	31.8g	6.9g
- sugars (g)	23.9g	5.2g
Sodium (mg)	1296mg	283mg
Dietary Fibre (g)	11.2g	2.4g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3480kJ (832Cal)	597kJ (143Cal)
Protein (g)	65g	11.1g
Fat, total (g)	48.6g	8.3g
- saturated (g)	10.9g	1.9g
Carbohydrate (g)	31.8g	5.5g
- sugars (g)	23.9g	4.1g
Sodium (mg)	1346mg	231mg
Dietary fibre	11.2g	1.9g

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 | CW17



Get prepped

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



Cook the beef strips

- Discard any liquid from **beef strips** packaging.
- In a medium bowl, combine **seasoning blend**, the **lime 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**. Remove pan from heat and add **sweet chilli sauce**, toss to coat. 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 double your beef strips, cook in batches for best result. Return all beef to the pan before adding sweet chilli sauce.



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 **lime juice**. Mix well and set aside.

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



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 pear slaw between bowls. Top with beef strips.
- Garnish with **crushed peanuts** and tear over **coriander**. Serve with any remaining lime wedges. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

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