



# Sweet Chilli Beef & Sesame Veggie Toss

with Soy Mayo & Crushed Roasted Cashews

Grab your Meal Kit with this symbol



Carrot



Potato



Parsnip



Sesame Seeds



Mayonnaise



Beef Strips



Garlic & Herb Seasoning



Sweet Chilli Sauce



Baby Leaves

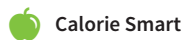


Crushed Peanuts



Diced Chicken

Prep in: 15-25 mins  
Ready in: 30-40 mins



Eat Me Early\*  
\*Custom Recipe only

Are you ready to make one amazing dinner? Get the veggies roasted and coated in sesame seeds for a bit of crunch, whip up a mouth-watering soy-mayo to drizzle over the sweet chilli coated beef. If that's all done then on your marks, get set and dig in!

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

### Pantry items

Olive Oil, Soy Sauce, 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

Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
carrot	2	4
potato	1	2
parsnip	1	2
sesame seeds	½ large packet	1 large packet
mayonnaise	1 medium packet	1 large packet
<b>soy sauce*</b>	1 tsp	2 tsp
beef strips	1 medium packet	2 medium packets OR 1 large packet
garlic & herb seasoning	1 medium packet	1 large packet
sweet chilli sauce	1 small packet	1 medium packet
baby leaves	1 medium packet	1 large packet
<b>vinegar*</b> (white wine or rice wine)	drizzle	drizzle
crushed peanuts	1 medium packet	2 medium packets
diced chicken**	1 medium packet	2 medium packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2353kJ (562Cal)	543kJ (130Cal)
Protein (g)	35.7g	8.2g
Fat, total (g)	30.6g	7.1g
- saturated (g)	7g	1.6g
Carbohydrate (g)	36.6g	8.5g
- sugars (g)	22.3g	5.2g
Sodium (mg)	1125mg	260mg
Dietary Fibre (g)	10.9g	2.5g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2213kJ (529Cal)	483kJ (115Cal)
Protein (g)	40.4g	8.8g
Fat, total (g)	24.7g	5.4g
- saturated (g)	4.4g	1g
Carbohydrate (g)	37.4g	8.2g
- sugars (g)	23.1g	5g
Sodium (mg)	1137mg	248mg
Dietary fibre	10.9g	2.4g

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](https://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 | CW18



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## Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **carrot, potato** and **parsnip** into bite-sized chunks.
- Place **veggies** on a lined oven tray and sprinkle with **sesame seeds**. Drizzle with **olive oil**, season with **salt** and toss to coat. Roast until tender, **25-30 minutes**.

3



## Cook the beef

- When the veggies have **5 minutes** remaining, heat a large frying pan over high heat with a drizzle of **olive oil**.
- When oil is hot, cook **beef strips** in batches, tossing, until browned and cooked through, **1-2 minutes**.
- Remove from heat, then add **sweet chilli sauce** and a splash of **water**, tossing **beef** to coat.

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

**Custom Recipe:** Heat frying pan as above. When oil is hot, cook chicken, tossing occasionally, until browned and cooked through (when no longer pink inside), 5-6 minutes. Continue with recipe as above.

2



## Get prepped

- Meanwhile, combine **mayonnaise** and the **soy sauce** in a small bowl. Set aside.
- Discard any liquid from **beef strips** packaging. In a medium bowl, combine **beef strips, garlic & herb seasoning** and a drizzle of **olive oil**.

**Custom Recipe:** If you've swapped to diced chicken, flavour as above.

4



## Serve up

- When the roasted veggies are done, add **baby leaves** and a drizzle of **vinegar** to the oven tray and gently toss to combine.
- Divide sesame veggie toss between plates. Top with sweet chilli beef and drizzle with soy mayo.
- Garnish with **crushed peanuts** to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

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