

# Sweet Chilli Beef & Sesame Veggie Toss

with Soy Mayo & Peanut Cashew Mix

Grab your Meal Kit with this symbol



Carrot



White Turnip



Parsnip



Mixed Sesame Seeds



Mayonnaise



Zesty Chilli Salt



Lemon



Ginger Paste



Sweet Chilli Sauce



Baby Spinach Leaves



Roasted Peanut & Cashew Mix



Beef Strips

### Recipe Update

The recent wet and cold weather across New Zealand has impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

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

Carb Smart

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 ginger and sweet chilli coated beef. If that's all done then on your marks, get set and dig in!

### Pantry items

Olive Oil, Soy Sauce, Rice Wine Vinegar

## Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

## 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	1	2
white turnip	2	4
parsnip	1	2
mixed sesame seeds	1 sachet	1 sachet
mayonnaise	1 medium packet	1 large packet
<b>soy sauce*</b>	1 tsp	2 tsp
beef strips	1 packet	1 packet
zesty chilli salt	1 sachet	2 sachets
lemon	½	1
ginger paste	1 medium packet	1 large packet
sweet chilli sauce	1 packet (25g)	1 packet (50g)
baby spinach leaves	1 medium bag	1 large bag
<b>rice wine vinegar*</b>	drizzle	drizzle
roasted peanut & cashew mix	1 packet	2 packets

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2271kJ (543Cal)	485kJ (116Cal)
Protein (g)	39.1g	8.4g
Fat, total (g)	28.9g	6.2g
- saturated (g)	6.1g	1.3g
Carbohydrate (g)	29.9g	6.4g
- sugars (g)	19.8g	4.2g
Sodium (mg)	1235mg	264mg

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

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## Roast the veggies

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

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## Cook the beef

- When 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**.
- Add **ginger paste** and cook until fragrant, **1 minute**.
- Remove from heat, then add **sweet chilli sauce** and a splash of **water**, tossing to coat.

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

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## Get prepped

- Meanwhile, combine **mayonnaise** and the **soy sauce** in a small bowl. Set aside.
- In a medium bowl, combine **beef strips, zesty chilli salt** and a drizzle of **olive oil**.
- Cut **lemon** into wedges.

4



## Serve up

- When the roast veggies are done, add **baby spinach leaves** and a drizzle of **rice wine vinegar** to the oven tray and gently toss to combine.
- Divide sesame veggie toss between bowls. Top with sweet chilli beef and drizzle with soy mayo.
- Add a generous squeeze of lemon juice. Garnish with **roasted peanut & cashew mix**.
- Serve with any remaining lemon wedges. Enjoy!

## Rate your recipe

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