

# Asian Beef & Roast Kumara Salad

with Ginger-Soy Dressing & Peanuts

Grab your Meal Kit  
with this symbol



Kumara



Carrot



Tomato



Mixed Salad  
Leaves



Ginger



Garlic



Thai Seven  
Spice Blend



Beef Strips



Coriander



Crushed Peanuts

 Hands-on: **20-30 mins**  
Ready in: **30-40 mins**

Mix up your salad game by incorporating a combination of textures and flavours. Hearty chunks of roasted kumara reach new levels with tender beef strips and an aromatic ginger-soy dressing, while the leafy greens and peanuts balance it all out by bringing lightness and crunch to the dish.

### Pantry items

Olive Oil, Soy Sauce, Brown Sugar,  
Rice Wine Vinegar  
(or White 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
olive oil*	refer to method	refer to method
kumara	1	2
carrot	1	2
tomato	1	2
mixed salad leaves	1 bag (60g)	1 bag (120g)
ginger	1 knob	2 knobs
garlic	2 cloves	4 cloves
soy sauce*	2 tbs	¼ cup
brown sugar*	½ tbs	1 tbs
rice wine vinegar* (or white wine vinegar)	1 tsp	2 tsp
Thai seven spice blend	1 sachet	1 sachet
beef strips	1 packet	1 packet
coriander	1 bunch	1 bunch
crushed peanuts	½ packet	1 packet

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	2305kJ (550Cal)	408kJ (97Cal)
Protein (g)	39.7g	7g
Fat, total (g)	18.2g	3.2g
- saturated (g)	6.3g	1.1g
Carbohydrate (g)	57.8g	10.2g
- sugars (g)	18.3g	3.2g
Sodium (mg)	1542mg	273mg

## 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.



## Roast the veggies

Preheat the oven to **240°C/220°C fan-forced**. Cut the **kumara** and **carrot** (both unpeeled) into 2cm chunks. Place the **veggies** on an oven tray lined with baking paper. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat. Spread out in a single layer and roast until tender, **25-30 minutes**. Set aside to cool slightly.

**TIP:** Cut the veggies to size so they cook in time.



## Get prepped

While the veggies are roasting, roughly chop the **tomato**. In a large bowl, combine the **mixed salad leaves** and **tomato**. Set aside.



## Make the ginger-soy dressing

Finely grate the **ginger** and **garlic**. Heat a large frying pan over a medium-high heat with **olive oil** (1 tbs for 2 people / 2 tbs for 4 people), the **ginger** and **garlic**. Cook until fragrant, **1 minute**. Transfer to a small bowl. Add the **soy sauce**, **brown sugar** and the **rice wine vinegar** to the **ginger mixture** and mix well to combine. Set aside.



## Cook the beef

When the kumara has **5 minutes** cook time remaining, combine the **Thai seven spice blend** and a generous drizzle of **olive oil** in a medium bowl. Season with **salt** and **pepper**, then add the **beef strips** and toss to coat. Return the frying pan to a high heat with a drizzle of **olive oil**. Cook the **beef strips**, in batches, tossing, until browned, **2 minutes**. Transfer to a bowl.



## Bring it all together

Add the roasted **veggies** to the **mixed salad** along with the **beef strips** and **ginger-soy dressing**. Toss to combine. Season with **salt** and **pepper**.



## Serve up

Roughly chop the **coriander**. Divide the Asian beef salad between plates. Top with the **crushed peanuts** (see ingredients) and garnish with the coriander.

Enjoy!