



Asian-Style Beef & Rainbow Slaw

with Pickled Onion & Garlic Aioli

Grab your Meal Kit with this symbol



Red Onion



Baby Spinach Leaves



Carrot



Sweet Chilli Sauce



Beef Strips



Shredded Cabbage Mix



Garlic Aioli

Prep in: 20-30 mins
Ready in: 20-30 mins



Naturally Gluten-Free
Not suitable for coeliacs



Carb Smart

You're going to love this winner dinner! Toss tender beef strips in sweet chilli sauce, then serve with zingy pickled onion and a garlicky rainbow slaw to keep the carbs down and the flavour up.

Pantry items

Olive Oil, Rice Wine Vinegar, Soy Sauce (or Gluten-Free Tamari Soy Sauce)

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

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
red onion	½	1
rice wine vinegar*	¼ cup	½ cup
baby spinach leaves	1 small bag	1 medium bag
carrot	1	2
beef strips	1 medium packet	1 large packet
sweet chilli sauce	1 packet (50g)	1 packet (100g)
soy sauce* (or <i>gluten-free tamari soy sauce</i>)	1 tbs	2 tbs
shredded cabbage mix	1 medium bag	1 large bag
garlic aioli	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2034kJ (486Cal)	430kJ (102Cal)
Protein (g)	38.5g	8.1g
Fat, total (g)	24.6g	5.2g
- saturated (g)	4.2g	0.9g
Carbohydrate (g)	25.2g	5.3g
- sugars (g)	24g	5.1g
Sodium (mg)	446mg	94mg
Dietary Fibre	7.7g	1.6g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Get prepped

- Thinly slice **red onion** (see ingredients).
- In a medium bowl, combine the **rice wine vinegar** and a good pinch of **sugar** and **salt**. Scrunch sliced **onion** in your hands, then add it to **pickling liquid**. Add enough **water** to just cover **onion**. Set aside.
- Roughly chop **baby spinach leaves**. Grate **carrot**. Transfer **spinach** and **carrot** to a medium bowl.

3



Toss the slaw

- While the beef is cooking, add **shredded cabbage mix** and **garlic aioli** to the bowl with **spinach** and **carrot**. Toss to coat.
- Season to taste.

2



Cook the beef

- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- When oil is hot, cook **beef strips**, in batches, until browned and cooked through, **1-2 minutes**.
- Return all **beef** to pan. Reduce heat to medium, then add **sweet chilli sauce** and the **soy sauce** and simmer, tossing, until warmed through, **1-2 minutes**.

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

4



Serve up

- Drain pickled onion.
- Divide Asian-style beef, rainbow slaw and pickled onion between plates.
- Spoon any remaining sauce from pan over beef to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



2022 | CW23

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