



# Thai Beef & Creamy Slaw

with Ginger & Crushed Peanuts

Grab your Meal Kit  
with this symbol



## Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!



Celery



Carrot



Pear



Lime



Garlic



Ginger Paste



Sweet Soy  
Seasoning



Beef Strips



Shredded Cabbage  
Mix



Garlic Aioli

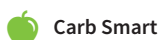


Crushed Peanuts



Herbs

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



Up next for it's turn in the spotlight is the sweet-soy coated beef strips. Tonight they will be partnered with a creamy slaw tossed in a garlic and ginger dressing. Their finishing move is the garnish of crushed peanuts. This dinner is bound to be a show stopper!

## Pantry items

Olive Oil, Sesame Oil, 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
celery	1 stalk	2 stalks
carrot	1	2
pear	½	1
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*	1 tsp	2 tsp
sweet soy seasoning	1 sachet	2 sachets
beef strips	1 packet	1 packet
shredded cabbage mix	1 bag (150g)	1 bag (300g)
garlic aioli	1 medium packet	1 large packet
crushed peanuts	1 packet	2 packets
herbs	1 bag	1 bag

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2379kJ (569Cal)	568kJ (136Cal)
Protein (g)	37.5g	9g
Fat, total (g)	35.8g	8.5g
- saturated (g)	6.5g	1.6g
Carbohydrate (g)	22.8g	5.4g
- sugars (g)	15.3g	3.7g
Sodium (mg)	1320mg	315mg
Dietary Fibre (g)	11.1g	2.7g

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.

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## Get prepped

- Thinly slice **celery**. Grate the **carrot**.
- Thinly slice **pear** (see ingredients) into sticks.
- Zest **lime** to get a pinch, then slice into wedges.
- Finely grate **garlic**. Add **ginger paste** and **garlic** to a medium heatproof bowl.

3



## Cook the beef strips

- In a second medium bowl, combine **sweet soy seasoning**, 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**. Transfer to a plate and set aside.

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

2



## Make the dressing

- In large frying pan, heat **sesame oil** over high heat until just smoking, **30 seconds**, then carefully pour hot oil over the **garlic-ginger mixture**.
- Add the **soy sauce**, the **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.

4



## 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 creamy slaw between bowls. Top with beef strips.
- Garnish with **crushed peanuts** and tear over **herbs**. Serve with any remaining lime wedges.

## Enjoy!