



Asian Kale Salad

with Sweet Peppers and Beyond Meat®

Veggie

Spicy

20 Minutes



Beyond Meat®



Kale, chopped



Mayonnaise



Sriracha



Rice Vinegar



Sesame Oil



Mirin-Soy Blend



Garlic



Sweet Bell Pepper

HELLO BEYOND MEAT®

You won't believe the meat-like texture of this plant-based protein!

Start here

Before starting, wash and dry all produce.

Bust Out

Spatula, large bowl, 2 small bowls, large non-stick pan, measuring spoons, whisk

Ingredients

	2 Person	4 Person
Beyond Meat®	2	4
Kale, chopped	113 g	227 g
Mayonnaise	2 tbsp	4 tbsp
Sriracha 🌶️	2 tsp	4 tsp
Rice Vinegar	1 tbsp	2 tbsp
Sesame Oil	1 tbsp	2 tbsp
Mirin-Soy Blend	4 tbsp	8 tbsp
Garlic	6 g	12 g
Sweet Bell Pepper	160 g	320 g
Sugar*	¼ tsp	½ tsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F.

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Contact

Share your photos #HelloFreshLife

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca



1

Prep
Peel, then mince or grate **garlic**. Core, then cut **pepper** into ¼-inch pieces. Roughly chop **kale**.



2

Cook Beyond Meat®
Heat a large non-stick pan over medium-high heat. When hot, add ½ **tbsp oil** (dbl for 4 ppl), then **Beyond Meat®**. Cook, breaking up the **patties** into smaller pieces with a spatula. Cook until slightly crispy, 3-4 min.** Add **garlic** and cook, stirring, until fragrant, 1-2 min. Stir in **half the sriracha**, **half the mirin-soy blend** and **half the sesame oil**. Season with **salt** and **pepper**. Cook, stirring, until **liquid** has been absorbed, 1-2 min. Transfer to a plate to cool.



3

Make sriracha mayo
Stir together **mayonnaise** and **remaining sriracha** in a small bowl.



4

Make vinaigrette

Whisk together **remaining sesame oil**, **remaining mirin-soy blend**, **rice vinegar** and ¼ **tsp sugar** in another small bowl until **sugar** has dissolved.



5

Make kale salad

Add **kale** to a large bowl. Gently massage with hands to tenderize the **leaves**. Add **peppers**, then drizzle **vinaigrette** over top. Toss to combine.



6

Finish and serve

Divide **kale salad** between bowls. Top with **Beyond Meat®**, then dollop with **Sriracha mayo**.

Dinner Solved!