



# Sticky Honey-Soy Beef & Fried Rice

with Asian Greens

TAKEAWAY FAVES

Grab your Meal Kit with this symbol



Basmati Rice



Carrot



Asian Greens



Onion



Garlic Paste



Sriracha



Oyster Sauce



Beef Strips



Cornflour



Honey-Soy Sauce



Chicken Breast

Prep in: 25-35 mins  
Ready in: 30-40 mins

Eat Me Early\*  
\*Custom Recipe only

This dish has a little bit of everything, including an array of colour. It's a tasty rainbow! From the sweet, honey-soy soaked beef strips to the nutritious veggies tucked into the fried rice (there's even egg in there too), we know everyone will be pleased.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Brown Sugar, Soy Sauce, Egg, Plain Flour



## Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Medium saucepan · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
basmati rice	1 packet	1 packet
carrot	1	2
Asian greens	1 bunch	2 bunches
onion	1 (medium)	1 (large)
garlic paste	1 large packet	2 large packets
sriracha	1 packet (20g)	1 packet (40g)
oyster sauce	1 medium packet	1 large packet
<b>brown sugar*</b>	1 tsp	2 tsp
<b>soy sauce*</b>	2 tbs	¼ cup
<b>egg*</b>	1	2
beef strips	1 packet	1 packet (or 2 packets)
cornflour	½ packet	1 packet
<b>plain flour*</b>	1 tbs	2 tbs
honey-soy sauce	1 medium packet	1 large packet
chicken breast**	1 packet	1 packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3037kJ (726Cal)	528kJ (126Cal)
Protein (g)	42.3g	7.4g
Fat, total (g)	11.9g	2.1g
- saturated (g)	4.2g	0.7g
Carbohydrate (g)	107.7g	18.7g
- sugars (g)	27.1g	4.7g
Sodium (mg)	2758mg	480mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2985kJ (713Cal)	489kJ (117Cal)
Protein (g)	46.7g	7.7g
Fat, total (g)	8.8g	1.4g
- saturated (g)	2.4g	0.4g
Carbohydrate (g)	108.5g	17.8g
- sugars (g)	27.2g	4.5g
Sodium (mg)	2807mg	460mg

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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## Start the rice

- Boil the kettle. Half-fill a medium saucepan with boiling water.
- Add **basmati rice** and a pinch of **salt** and cook, uncovered, over high heat until tender, **10 minutes**.
- Drain **rice**, rinse with warm water and set aside.

**TIP:** The rice will finish cooking in step 4!

4



## Finish the rice

- Push **veggies** to one side of the pan, then crack the **egg** into pan and scramble until cooked through, **1 minute**.
- Add the **oyster sauce mixture** and cook, tossing everything together, until sauce is slightly reduced, **1-2 minutes**.
- Add the **par-cooked rice** and cook, stirring, until tender, **2-3 minutes**. Transfer to a bowl, season to taste and cover to keep warm.

2



## Get prepped

- Thinly slice **carrot** into half-moons. Roughly chop **Asian greens**. Thinly slice **onion**.
- In a small bowl, combine **garlic paste**, **sriracha**, **oyster sauce**, the **brown sugar** and **soy sauce**. Set aside.

**Custom Recipe:** If you've swapped your beef strips for chicken breast, cut chicken into 2cm chunks.

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## Cook the beef

- In a medium bowl, combine **beef strips**, **cornflour** (see ingredients), the **plain flour** and a pinch of **salt**.
- Wipe out the frying pan, then return to high heat with a drizzle of **olive oil**. When oil is hot, cook **beef strips**, tossing, until browned and cooked through, **1-2 minutes**.
- Remove pan from heat and toss with **honey-soy sauce** and a splash of **water**.

**Custom Recipe:** Combine chicken with flours as above. Wipe out frying pan, then return to medium-high heat with a drizzle of olive oil. Cook chicken, tossing occasionally, until browned and cooked through, 5-6 minutes. Continue with step.

3



## Cook the veggies

- Heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **carrot**, **onion** and **Asian greens** until tender, **4-5 minutes**.

6



## Serve up

- Divide veggie fried rice between bowls.
- Top with sticky honey-soy beef and any remaining sauce to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

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