

Asian Sticky Beef & Stir-Fried Veggies with Garlic Rice & Sesame Mayo

KID FRIENDLY BESTSELLER



Jasmine Rice



Carrot

Garlic Paste

Spring Onion





Teriyaki Sauce

Sweetcorn



Mayonnaise

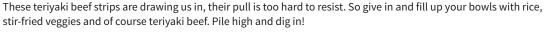
Beef Strips





Super Slaw

Prep in: 20-30 mins Ready in: 30-40 mins Eat Me Early* *Custom Recipe only



Pantry items

Olive Oil, Butter, Brown Sugar, Vinegar (White Wine or Rice Wine), Soy Sauce, Sesame Oil

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

В

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 with a lid \cdot Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
butter*	20g	40g
garlic paste	1 large packet	2 large packets
water*	1¼ cups	2½ cups
jasmine rice	1 packet	1 packet
carrot	1	2
spring onion	1 stem	2 stems
sweetcorn	1 tin	1 tin
teriyaki sauce	1 packet (65g)	1 packet (130g)
brown sugar*	1 tbs	2 tbs
vinegar* (white wine or rice wine)	½ tbs	1 tbs
soy sauce*	1 tbs	2 tbs
mayonnaise	1 medium packet	1 large packet
sesame oil*	1 tsp	2 tsp
beef strips	1 packet	1 packet (or 2 packets)
super slaw	1 medium bag	1 large bag
chicken breast**	1 packet	1 packet
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*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3428kJ (819Cal)	701kJ (168Cal)
Protein (g)	39.1g	8g
Fat, total (g)	32g	6.5g
- saturated (g)	11.1g	2.3g
Carbohydrate (g)	92.1g	18.8g
- sugars (g)	20.4g	4.2g
Sodium (mg)	1524mg	312mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3377kJ (807Cal)	644kJ (154Cal)
Protein (g)	43.4g	8.3g
Fat, total (g)	28.9g	5.5g
- saturated (g)	9.4g	1.8g
Carbohydrate (g)	92.9g	17.7g
- sugars (g)	20.5g	3.9g
Sodium (mg)	1573mg	300mg

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** for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

Were here to help!

Scan here if you have any questions or concerns 2023 | CW35



Cook the garlic rice

- In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat. Cook half the **garlic paste** until fragrant, **1-2 minutes**.
- Add the **water** and a generous pinch of **salt** to the pan and bring to the boil.
- Add jasmine rice, stir, cover with a lid and reduce heat to low.
- Cook for 12 minutes, then remove pan from heat and keep covered until rice is tender and water is absorbed, 10-15 minutes.

TIP: Cover the pan with a lid if the garlic paste starts to spatter!

TIP: The rice will finish cooking in its own steam so don't peek!



Get prepped

- Meanwhile, slice carrot into thin sticks (or grate if you prefer!). Thinly slice spring onion. Drain the sweetcorn.
- In a small bowl, combine teriyaki sauce, the brown sugar, vinegar, soy sauce and a splash of water. Set aside.
- In a second small bowl, combine **mayonnaise** and the **sesame oil**. Set aside.

Little cooks: Take charge by combining the sauces!

Custom Recipe: If you've swapped from beef strips to chicken breast, cut chicken into 2cm chunks.



Cook the beef

- Discard any liquid from **beef strips** packaging.
- In a large frying pan, heat a drizzle of **olive oil** over high heat. When oil is hot, cook **beef strips** in batches, tossing, until browned and cooked through, **1-2 minutes**. Transfer to a plate.

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

Custom Recipe: Heat the pan as above and cook chicken, tossing occasionally, until browned and cooked through, 5-6 minutes. Transfer to a plate.



Cook the veggies

- Return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook **carrot** and **corn** until softened, **4-5 minutes**.
- Add super slaw and cook until tender,
 1-2 minutes.

TIP: Cover the pan with a lid if the corn kernels are "popping" out.



Bring it all together

- Add the remaining garlic paste and cook until fragrant, 1 minute.
- Add **teriyaki sauce mixture** and the **beef** (plus any resting juices) and cook, tossing, until well coated, **1-2 minutes**. Season to taste.

Custom Recipe: Return chicken to the pan along with teriyaki sauce mixture.

Serve up

- Divide garlic rice between bowls. Top with Asian sticky beef and stir-fried veggies.
- Dollop with sesame mayo.
- Garnish with spring onion to serve. Enjoy!

Little cooks: Add the finishing touch by dolloping over the sesame mayo!

