



Asian Sticky Beef & Stir-Fried Veggies

with Garlic Rice & Sesame Mayo

KID FRIENDLY

BESTSELLER

Grab your Meal Kit with this symbol



Garlic Paste



Jasmine Rice



Carrot



Spring Onion



Sweetcorn



Teriyaki Sauce



Mayonnaise



Beef Strips



Super Slaw



Chicken Breast

Prep in: 20-30 mins
Ready in: 30-40 mins

Eat Me Early*
*Custom Recipe only

These teriyaki beef strips are drawing us in, their pull is too hard to resist. So give in and fill up your bowls with rice, stir-fried veggies and of course teriyaki beef. Pile high and dig in!

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

Pantry items

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

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 · 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

*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.

We're here to help!

Scan here if you have any questions or concerns

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1



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!

4



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.

2



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.

5



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.

3



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.

6



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!

Rate your recipe

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