



Quick Ginger-Soy Beef & Veggie Stir-Fry

with Pickled Cucumber & Garlic Rice

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Cucumber



Ginger Paste



Asian Stir-Fry Mix



Beef Strips



Sweet Soy Seasoning



Crushed Peanuts



Chicken Breast

Prep in: **20-30 mins**
Ready in: **25-35 mins**

Eat Me Early*
*Custom Recipe only

Is it time to lift your stir-fry game? Here's a delicious lesson in how to get ginger-marinated beef strips, tender veggies and a flavour-packed sauce. With a few simple tricks – cooking the meat in batches, getting the veggies started before adding the sauce and adding flavour to the rice with garlic – you'll be a stir-fry superstar in no time!

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

Pantry items

Olive Oil, Butter, Vinegar (White Wine or Rice Wine), Soy Sauce, Honey

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
garlic	3 cloves	6 cloves
butter*	20g	40g
water*	1¼ cups	2½ cups
jasmine rice	1 packet	1 packet
cucumber	1 (medium)	1 (large)
vinegar* (white wine or rice wine)	¼ cup	½ cup
ginger paste	1 medium packet	1 large packet
soy sauce*	2 tbs	¼ cup
honey*	1 tbs	2 tbs
Asian stir-fry mix	1 medium bag	1 large bag
beef strips	1 small packet	2 small packets OR 1 large packet
sweet soy seasoning	1 sachet	2 sachets
crushed peanuts	1 packet	2 packets
chicken breast**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3200kJ (765Cal)	617kJ (147Cal)
Protein (g)	42.3g	8.2g
Fat, total (g)	26.1g	5g
- saturated (g)	10.9g	2.1g
Carbohydrate (g)	85.3g	16.5g
- sugars (g)	20.5g	4g
Sodium (mg)	1572mg	303mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3149kJ (753Cal)	569kJ (136Cal)
Protein (g)	46.7g	8.4g
Fat, total (g)	23g	4.2g
- saturated (g)	9.2g	1.7g
Carbohydrate (g)	86.1g	15.6g
- sugars (g)	20.6g	3.7g
Sodium (mg)	1621mg	293mg

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

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

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

3



Cook the veggies & beef

- When the rice has **10 minutes** remaining, heat a large frying pan over high heat with a drizzle of **olive oil**. Cook **Asian stir-fry mix**, tossing, until tender, **4-5 minutes**. Transfer to a bowl.
- Return the frying pan to high heat with a drizzle of **olive oil**. Cook **beef strips** and **sweet soy seasoning** in batches, tossing, until browned and cooked through, **1-2 minutes**.
- Reduce the heat to medium. Return all **beef** to the pan, then add the **ginger-soy mixture**, stirring, until slightly thickened, **1-2 minutes**. Remove pan from heat, then return the **veggies** to the pan and toss to coat.

Custom Recipe: Cook the veggies, then reheat pan as above. Cook chicken, tossing, until browned and cooked through, 5-6 minutes. Continue with step.

2



Pickle the cucumber

- While the rice is cooking, thinly slice **cucumber** into half-moons. In a small bowl, combine the **vinegar** and a good pinch of **sugar** and **salt**.
- Add **cucumber** to the **pickling liquid** with just enough **water** to cover the cucumber. Set aside.
- In a second small bowl, combine **ginger paste**, the **soy sauce**, **honey**, a splash of **water** and the remaining **garlic**. Season with **pepper**. Set aside.

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

4



Serve up

- Drain pickled cucumber. Divide garlic rice between bowls.
- Top with ginger-soy beef and veggie stir-fry. Spoon over any remaining ginger-soy sauce.
- Top with pickled cucumber and garnish with **crushed peanuts** to serve. Enjoy!

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