



Asian Sweet-Soy Beef Bowl

with Honey-Soy Veggies & Sesame Dressing

KID FRIENDLY

Grab your Meal Kit with this symbol



Jasmine Rice



Carrot



Broccoli Florets



Beef Strips



Sweet Soy Seasoning



Sesame Dressing



Crispy Shallots



Peeled Prawns

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

Salt and pepper are always there, ready whenever you need that extra push of seasoning, doing their duty in every dish. Now it's their time to shine in this beef and rice bowl. Salt and pepper beef is the standout, but don't forget those honey-soy veggies because we sure won't!

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

Pantry items

Olive Oil, Butter, 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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
jasmine rice	1 packet	1 packet
butter*	20g	40g
carrot	1	2
broccoli florets	1 bag (200g)	1 bag (400g)
soy sauce*	1 tbs	2 tbs
honey*	1 tsp	2 tsp
beef strips	1 small packet	2 small packets OR 1 large packet
sweet soy seasoning	1 sachet	2 sachets
sesame dressing	1 medium packet	1 large packet
crispy shallots	1 medium packet	1 large packet
peeled prawns**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3102kJ (741Cal)	720kJ (172Cal)
Protein (g)	40.2g	9.3g
Fat, total (g)	25.8g	6g
- saturated (g)	10.9g	2.5g
Carbohydrate (g)	83.9g	19.5g
- sugars (g)	13.3g	3.1g
Sodium (mg)	1135mg	263mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2656kJ (635Cal)	654kJ (156Cal)
Protein (g)	25.1g	6.2g
Fat, total (g)	18g	4.4g
- saturated (g)	7.7g	1.9g
Carbohydrate (g)	83.9g	20.7g
- sugars (g)	13.3g	3.3g
Sodium (mg)	1737mg	428mg

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 rice

- Boil the kettle.
- Half-fill a medium saucepan with boiling water. Add **jasmine rice** and a pinch of **salt** and cook, uncovered, over high heat until tender, **12-14 minutes**.
- Drain and rinse with warm water. Return **rice** to the saucepan, along with the **butter** and cover to keep warm.

3



Cook the beef & veggies

- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **broccoli** and **carrot** for **2 minutes**.
- Add the **soy sauce** and **honey** and cook, tossing, until veggies are tender, **4-5 minutes**. Transfer to a bowl and cover to keep warm.
- Discard any liquid from **beef strips** packaging.
- In a medium bowl, combine **beef strips**, **sweet soy seasoning** and a drizzle of **olive oil**.
- 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**.

Custom Recipe: If you've upgraded to peeled prawns, season prawns in the same way as the beef. Reheat the pan as above. When oil is hot, cook prawns, tossing, until pink and starting to curl up, 3-4 minutes.

2



Get prepped

- Meanwhile, thinly slice **carrot** into half-moons. Cut any larger **broccoli florets** in half.

4



Serve up

- Divide butter rice between bowls. Top with honey-soy veggies and Asian sweet soy beef.
- Drizzle over **sesame dressing** and sprinkle with **crispy shallots** to serve. Enjoy!

Little cooks: Add the finishing touch by sprinkling over the garnish!

Rate your recipe

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