



Quick Sweet Chilli Beef & Veggie Stir-Fry

with Butter Rice & Crushed Peanuts

NEW

KID FRIENDLY

Grab your Meal Kit with this symbol



Carrot



Leek



Jasmine Rice



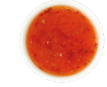
Beef Strips



Shredded Cabbage Mix



Ginger Paste



Sweet Chilli Sauce



Oyster Sauce



Crushed Peanuts



Beef Strips

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

A happy union is celebrated between this dish and flavour. The juicy beef should be enough to have those dinner bells ringing, but we've gone and found the perfect partner for it in our sweet chilli sauce and stir-fried veggies. To seal the deal, we've topped it off with a sprinkling of peanuts for a nutty finish.

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

Pantry items

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

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
carrot	1	2
leek	1	2
jasmine rice	1 packet	1 packet
butter*	20g	40g
beef strips	1 small packet	2 small packets OR 1 large packet
shredded cabbage mix	1 bag (150g)	1 bag (300g)
ginger paste	1 medium packet	1 large packet
sweet chilli sauce	1 medium packet	1 large packet
oyster sauce	1 medium packet	1 large packet
soy sauce*	1 tsp	2 tsp
vinegar* (white wine or rice wine)	1 tsp	2 tsp
crushed peanuts	1 packet	2 packets
beef strips**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3187kJ (762Cal)	644kJ (154Cal)
Protein (g)	42.1g	8.5g
Fat, total (g)	26.1g	5.3g
- saturated (g)	10.5g	2.1g
Carbohydrate (g)	87.1g	17.6g
- sugars (g)	19.6g	4g
Sodium (mg)	1288mg	260mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3984kJ (952Cal)	643kJ (154Cal)
Protein (g)	70.9g	11.4g
Fat, total (g)	34.4g	5.6g
- saturated (g)	13.8g	2.2g
Carbohydrate (g)	87.1g	14.1g
- sugars (g)	19.6g	3.2g
Sodium (mg)	1338mg	216mg

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



2023 | CW46

1



Make the butter rice

- Boil the kettle. Thinly slice **carrot** into half-moons. Thinly slice **leek**.
- 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, rinse with warm water and return **rice** to the saucepan. Stir through the **butter** and set aside.

3



Cook the veggies

- Return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook **carrot** and **leek** until tender, **3-4 minutes**.
- Add **shredded cabbage mix** and cook until softened, **2-3 minutes**.
- Add **ginger paste** and cook until fragrant, **1 minute**.
- Add **sweet chilli sauce**, **oyster sauce**, the **soy sauce**, **vinegar** and a splash of **water**. Return **beef** to the pan and toss to combine, **1 minute**.

2



Cook the beef

- Meanwhile, 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**, 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: If you doubled the beef strips, cook in batches for the best results!

4



Serve up

- Divide butter rice between bowls.
- Top with sweet chilli beef and veggie stir-fry.
- Sprinkle over **crushed peanuts** to serve. Enjoy!

Little cooks: Kids can add the finishing touch and sprinkle over the nuts.

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.co.nz/rate