



Teriyaki Beef & Veggie Stir-Fry

with Rapid Rice

KID FRIENDLY

Grab your Meal Kit with this symbol



Basmati Rice



Chicken-Style Stock Powder



Capsicum



Asian Greens



Garlic



Bamboo Shoots



Beef Strips



Teriyaki Sauce



Peeled Prawns

Recipe Update

Due to local availability, we've replaced some of your ingredients. They may be a little different to what's pictured, but just as delicious!

Prep in: 10-20 mins
Ready in: 15-25 mins



Glistening with a sticky sauce that's the perfect ratio of savoury to sweet, once you try this tender teriyaki beef recipe with crunchy bamboo shoots and veggies, you'll never go back to the takeaway version.

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

Pantry items

Olive Oil, Sesame Oil, Soy Sauce

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
basmati rice	1 packet	1 packet
chicken-style stock powder	1 large sachet	2 large sachets
capsicum	1	2
Asian greens	1 bunch	2 bunches
garlic	2 cloves	4 cloves
bamboo shoots	½ tin	1 tin
beef strips	1 small packet	2 small packets OR 1 large packet
teriyaki sauce	1 medium packet	1 large packet
sesame oil*	1 tbs	2 tbs
soy sauce*	1 tbs	2 tbs
water*	2 tbs	¼ cup
peeled prawns**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2458kJ (587Cal)	581kJ (139Cal)
Protein (g)	40.5g	9.6g
Fat, total (g)	10.5g	2.5g
- saturated (g)	3.7g	0.9g
Carbohydrate (g)	76.3g	18g
- sugars (g)	13.1g	3.1g
Sodium (mg)	1817mg	430mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2011kJ (481Cal)	506kJ (121Cal)
Protein (g)	25.5g	6.4g
Fat, total (g)	2.7g	0.7g
- saturated (g)	0.5g	0.1g
Carbohydrate (g)	76.3g	19.2g
- sugars (g)	13.1g	3.3g
Sodium (mg)	2419mg	608mg

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 **basmati rice** and a pinch of **salt** and cook, uncovered, over high heat until tender, **12 minutes**.
- Drain and return **rice** to the saucepan. Add **chicken-style stock powder** and stir to combine.

Little cooks: Older kids can help add the rice to the saucepan under adult supervision. Be careful, the water is boiling!

3



Cook the stir-fry

- 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.
- Return the frying pan to medium-high heat with a drizzle of **olive oil**. Stir-fry **capsicum** until tender, **6-7 minutes**. Add **garlic**, **Asian greens** and **bamboo shoots** and cook until tender, **1-2 minutes**. Remove from heat.
- Return **beef** to the pan, then add **teriyaki sauce**, the **sesame oil**, **soy sauce** and **water**. Toss to combine.

Custom Recipe: If you've swapped beef strips for peeled prawns, heat a large frying pan over medium-high heat with a drizzle of olive oil. Cook prawns, tossing, until pink and starting to curl up, 3-4 minutes. Transfer to a plate. Continue as above. Return prawns to the pan along with the sauces.

2



Get prepped

- While the rice is cooking, roughly chop **capsicum**. Roughly chop **Asian greens**. Finely chop **garlic**. Drain **bamboo shoots** (see ingredients).

4



Serve up

- Divide rapid rice between bowls. Top with teriyaki beef and veggie stir-fry. Enjoy!

Rate your recipe

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