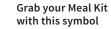


Teriyaki Beef & Veggie Stir-Fry with Rapid Rice

KID FRIENDLY











Chicken-Style Stock Powder











Bamboo Shoots

Garlic





Beef Strips







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

Calorie Smart

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.

Pantry items

just as delicious!

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

9		
	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	1/4 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.



Scan here if you have any questions or concerns

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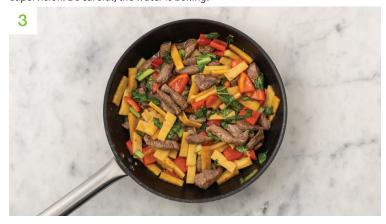




Cook the rice

- 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!



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.



Get prepped

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



Serve up

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

Did we make your tastebuds happy?
Let our culinary team know: hellofresh.co.nz/rate