



Asian Sweet Soy Beef Bowl

with Butter Rice, Honey-Soy Veggies & Crispy Shallots

KID FRIENDLY

Grab your Meal Kit with this symbol



Jasmine Rice



Carrot



Broccoli Florets



Beef Strips



Sweet Soy Seasoning



Sesame Dressing



Crispy Shallots



Beef Rump

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

Sweet soy beef is the star in this Asian-inspired bowl. Paired with honey-soy veggies, this dish is bound to satisfy both your salty and sweet cravings! Topped off with a creamy sesame dressing and crispy shallots, we hope you're as excited about this dish as we are.

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 |
| beef rump** | 1 small packet | 2 small packets OR 1 large packet |

*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) | 3120kJ (746Cal) | 684kJ (163Cal) |
| Protein (g) | 43.4g | 9.5g |
| Fat, total (g) | 25g | 5.5g |
| - saturated (g) | 11.6g | 2.5g |
| Carbohydrate (g) | 83.9g | 18.4g |
| - sugars (g) | 13.3g | 2.9g |
| Sodium (mg) | 1159mg | 254mg |

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 | CW50



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 **carrot** and **broccoli** 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** in batches, tossing, until browned and cooked through, **1-2 minutes**.

Custom Recipe: If you've upgraded to beef rump, season as above. Reheat frying pan and oil as above. When oil is hot, cook beef, turning, for 5-6 minutes (depending on thickness), or until cooked to your liking. Transfer to a plate to rest.

2



Get prepped

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

Custom Recipe: If you've upgraded to beef rump, place beef rump between two sheets of baking paper. Pound beef with a meat mallet or rolling pin until slightly flattened.

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!

Custom Recipe: Slice beef rump to serve.

Rate your recipe

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