

# Asian Sweet Soy Beef Bowl with Butter Rice, Honey-Soy Veggies & Crispy Shallots

Grab your Meal Kit with this symbol



Carrot

**Beef Strips** 

Sesame Dressing

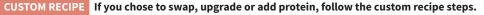




Prep in: 20-30 mins Ready in: 25-35 mins

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.

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

<b>•</b>		
	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	<b>1 bag</b> (200g)	<b>1 bag</b> (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.

#### Were here to help! Scan here if you have any questions or concerns 2023 | CW50



## 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.



# 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.



# 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.



## 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.

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