



# Quick Ginger-Soy Beef & Veggie Stir-Fry

with Pickled Cucumber & Garlic Rice

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Cucumber



Ginger Paste



Asian Stir-Fry Mix



Beef Strips



Sweet Soy Seasoning



Crushed Peanuts



Chicken Breast

### Recipe Update

Due to local availability, the ingredients you receive may be a little different to what's pictured. It'll be just as delicious, just follow your recipe card!

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

Eat Me Early\*  
\*Custom Recipe only

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

Is it time to lift your stir-fry game? Here's a delicious lesson in how to get ginger-marinated beef strips, tender veggies and a flavour-packed sauce. With a few simple tricks – cooking the meat in batches, getting the veggies started before adding the sauce and adding flavour to the rice with garlic – you'll be a stir-fry superstar in no time!

### Pantry items

Olive Oil, Butter, Vinegar (White Wine or Rice Wine), 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 with a lid · Large frying pan

## Ingredients

|  | 2 People        | 4 People                             |
|--|-----------------|--------------------------------------|
| <b>olive oil*</b>                            | refer to method | refer to method                      |
| <b>garlic</b>                                | 3 cloves        | 6 cloves                             |
| <b>butter*</b>                               | 20g             | 40g                                  |
| <b>water*</b>                                | 1¼ cups         | 2½ cups                              |
| jasmine rice                                 | 1 packet        | 1 packet                             |
| cucumber                                     | 1 (medium)      | 1 (large)                            |
| <b>vinegar*</b><br>(white wine or rice wine) | ¼ cup           | ½ cup                                |
| ginger paste                                 | 1 medium packet | 1 large packet                       |
| <b>soy sauce*</b>                            | 2 tbs           | ¼ cup                                |
| <b>honey*</b>                                | 1 tbs           | 2 tbs                                |
| Asian stir-fry mix                           | 1 bag (300g)    | 1 bag (600g)                         |
| beef strips                                  | 1 small packet  | 2 small packets<br>OR 1 large packet |
| sweet soy seasoning                          | 1 sachet        | 2 sachets                            |
| crushed peanuts                              | 1 packet        | 2 packets                            |
| chicken breast**                             | 1 small packet  | 2 small packets<br>OR 1 large packet |

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

| Avg Qty          | Per Serving     | Per 100g       |
|------------------|-----------------|----------------|
| Energy (kJ)      | 3200kJ (765Cal) | 617kJ (147Cal) |
| Protein (g)      | 42.3g           | 8.2g           |
| Fat, total (g)   | 26.1g           | 5g             |
| - saturated (g)  | 10.9g           | 2.1g           |
| Carbohydrate (g) | 85.3g           | 16.5g          |
| - sugars (g)     | 20.5g           | 4g             |
| Sodium (mg)      | 1572mg          | 303mg          |

### Custom Recipe

| Avg Qty          | Per Serving     | Per 100g       |
|------------------|-----------------|----------------|
| Energy (kJ)      | 3149kJ (753Cal) | 569kJ (136Cal) |
| Protein (g)      | 46.7g           | 8.4g           |
| Fat, total (g)   | 23g             | 4.2g           |
| - saturated (g)  | 9.2g            | 1.7g           |
| Carbohydrate (g) | 86.1g           | 15.6g          |
| - sugars (g)     | 20.6g           | 3.7g           |
| Sodium (mg)      | 1621mg          | 293mg          |

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](https://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 | CW52



1



## Cook the garlic rice

- Finely chop **garlic**. In a medium saucepan, heat the **butter** and a dash of **olive oil** over medium heat. Cook half the **garlic** until fragrant, **1-2 minutes**.
- Add the **water** and a generous pinch of **salt** and bring to the boil. Add **jasmine rice**, stir, cover with a lid and reduce the heat to low.
- Cook for **12 minutes**, then remove pan from the heat and keep covered until rice is tender and water is absorbed, **10-15 minutes**.

**TIP:** The rice will finish cooking in its own steam so don't peek!

3



## Cook the veggies & beef

- When the rice has **10 minutes** remaining, heat a large frying pan over high heat with a drizzle of **olive oil**. Cook **Asian stir-fry mix**, tossing, until tender, **4-5 minutes**. Transfer to a bowl.
- Return the frying pan to high heat with a drizzle of **olive oil**. Cook **beef strips** and **sweet soy seasoning** in batches, tossing, until browned and cooked through, **1-2 minutes**.
- Reduce the heat to medium. Return all **beef** to the pan, then add the **ginger-soy mixture**, stirring, until slightly thickened, **1-2 minutes**. Remove pan from heat, then return the **veggies** to the pan and toss to coat.

**Custom Recipe:** Cook the veggies, then reheat pan as above. Cook chicken, tossing, until browned and cooked through, 5-6 minutes. Continue with step.

2



## Pickle the cucumber

- While the rice is cooking, thinly slice **cucumber** into half-moons. In a small bowl, combine the **vinegar** and a good pinch of **sugar** and **salt**.
- Add **cucumber** to the **pickling liquid** with just enough **water** to cover the cucumber. Set aside.
- In a second small bowl, combine **ginger paste**, the **soy sauce**, **honey**, a splash of **water** and the remaining **garlic**. Season with **pepper**. Set aside.

**Custom Recipe:** If you've swapped your beef strips for chicken breast, cut chicken into 2cm chunks.

4



## Serve up

- Drain pickled cucumber. Divide garlic rice between bowls.
- Top with ginger-soy beef and veggie stir-fry. Spoon over any remaining ginger-soy sauce.
- Top with pickled cucumber and garnish with **crushed peanuts** to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)