



# 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
<b>jasmine rice</b>	1 packet	1 packet
<b>cucumber</b>	1 (medium)	1 (large)
<b>vinegar*</b> (white wine or rice wine)	¼ cup	½ cup
<b>ginger paste</b>	1 medium packet	1 large packet
<b>soy sauce*</b>	2 tbs	¼ cup
<b>honey*</b>	1 tbs	2 tbs
<b>Asian stir-fry mix</b>	1 bag (300g)	1 bag (600g)
<b>beef strips</b>	1 small packet	2 small packets OR 1 large packet
<b>sweet soy seasoning</b>	1 sachet	2 sachets
<b>crushed peanuts</b>	1 packet	2 packets
<b>chicken breast**</b>	1 small packet	2 small packets 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



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## 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.

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## 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?

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