



Sweet & Sticky Asian Beef

with Garlic Rice & Veggie Stir-Fry

KID FRIENDLY

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Capsicum



Black Peppercorns



Ginger Paste



Teriyaki Sauce



Asian Stir-Fry Mix



Beef Strips



Crispy Shallots



Beef Rump

Prep in: 30-40 mins
Ready in: 35-45 mins

There's something seriously addictive about succulent beef strips coated in this sweet and sticky sauce, which has a touch of zing from the addition of ginger. Just add fragrant garlic rice and tender veggies for a meal that's sure to be a new favourite.

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

Pantry items

Olive Oil, Butter, Brown Sugar

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
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
butter*	20g	40g
basmati rice	1 packet	1 packet
water* (for the rice)	1½ cups	3 cups
capsicum	1	2
black peppercorns	½ sachet	1 sachet
ginger paste	1 medium packet	1 large packet
brown sugar*	1 tbs	2 tbs
teriyaki sauce	1 medium packet	2 medium packets
water* (for the sauce)	½ tbs	1 tbs
Asian stir-fry mix	1 bag (300g)	1 bag (600g)
beef strips	1 small packet	2 small packets OR 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)	3065kJ (733Cal)	617kJ (147Cal)
Protein (g)	37.4g	7.5g
Fat, total (g)	24.2g	4.9g
- saturated (g)	11.5g	2.3g
Carbohydrate (g)	86.3g	17.4g
- sugars (g)	19.6g	3.9g
Sodium (mg)	990mg	199mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3083kJ (737Cal)	591kJ (141Cal)
Protein (g)	40.6g	7.8g
Fat, total (g)	23.4g	4.5g
- saturated (g)	12.2g	2.3g
Carbohydrate (g)	86.3g	16.5g
- sugars (g)	19.6g	3.8g
Sodium (mg)	1014mg	194mg

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

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1



Cook the garlic rice

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

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

4



Cook the veggies

- Return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook **Asian stir-fry mix** and **capsicum**, tossing, until tender, **5-6 minutes**.
- Add the remaining **garlic** and cook until fragrant, **1-2 minutes**.
- Season with **salt** and **pepper**. Toss to coat, then transfer to a bowl and cover to keep warm.

2



Get prepped

- Meanwhile, thinly slice **capsicum**.
- Crush **black peppercorns** (see ingredients) with a mortar and pestle, or in their sachet using a rolling pin.
- Heat a large frying pan over medium-high heat. Cook crushed **peppercorns** until fragrant, **30 seconds**.

5



Cook the beef

- Return the frying pan 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**. Return all **beef** to pan.
- Add the **ginger sauce mixture** to the pan and cook until bubbling and reduced, **1-2 minutes**.

TIP: Cooking the beef in batches over a high heat helps it stay tender.

Custom Recipe: If you've upgraded to beef rump, pound beef with a rolling pin until slightly flattened. Heat the pan as above. When oil is hot, cook beef, turning, for 3-4 minutes (depending on thickness), or until cooked to your liking. Add the ginger sauce mixture and cook for 1-2 minutes. Transfer to a plate to rest.

3



Make the sauce

- In a medium bowl, combine **ginger paste**, the **brown sugar**, **teriyaki sauce**, **water (for the sauce)** and crushed **peppercorns**.

6



Serve up

- Divide garlic rice between bowls. Top with sweet and sticky Asian beef and veggie stir-fry.
- Spoon over any extra sauce from the pan and sprinkle with **crispy shallots** to serve. Enjoy!

Custom Recipe: Slice the sticky beef rump steak to serve.

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