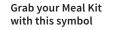
# Sweet & Sticky Asian Beef with Garlic Rice & Veggie Stir-Fry

KID FRIENDLY





















Teriyaki Sauce

Ginger Paste



Asian Stir-Fry



**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.

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  $\cdot$  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
beet rump**	1 small packet	

<sup>\*</sup>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)	<b>591kJ</b> (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.

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# 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!



# 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.



# 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.



## Make the sauce

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



# 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.



# 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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