



Southeast Asian Beef & Creamy Coconut Sauce

with Rapid Rice & Veggies

KID FRIENDLY

Grab your Meal Kit with this symbol



Jasmine Rice



Vegetable Stock Powder



Asian Greens



Carrot



Courgette



Southeast Asian Spice Blend



Beef Strips



Ginger Paste



Coconut Milk



Beef Rump

Prep in: **15-25 mins**
Ready in: **25-35 mins**

Make a simple beef stir-fry a little more special by cooking it in a mouth-watering coconut sauce. Complete with our Southeast Asian spice blend lending a big hit of flavour (and with minimal effort), you'll be pleasantly surprised by all that this colourful creation has to offer!

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

Pantry items

Olive Oil, Soy Sauce, 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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
jasmine rice	1 packet	1 packet
vegetable stock powder	1 medium sachet	1 large sachet
Asian greens	1 bunch	2 bunches
carrot	1	2
courgette	1	2
Southeast Asian spice blend	1 medium sachet	1 large sachet
beef strips	1 small packet	2 small packets OR 1 large packet
ginger paste	1 medium packet	1 large packet
coconut milk	1 medium packet	1 large packet
soy sauce*	1 tbs	2 tbs
brown sugar*	2 tsp	4 tsp
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)	2730kJ (652Cal)	449kJ (107Cal)
Protein (g)	39.7g	6.5g
Fat, total (g)	30.9g	5.1g
- saturated (g)	18.5g	3g
Carbohydrate (g)	79.9g	13.2g
- sugars (g)	11.9g	2g
Sodium (mg)	1222mg	201mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2747kJ (657Cal)	434kJ (104Cal)
Protein (g)	42.9g	6.8g
Fat, total (g)	30.1g	4.8g
- saturated (g)	19.2g	3g
Carbohydrate (g)	79.9g	12.6g
- sugars (g)	11.9g	1.9g
Sodium (mg)	1246mg	197mg

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

2024 | CW04



1



Get prepped

- Boil the kettle. Half-fill a medium saucepan with boiling water.
- Add **jasmine rice**, **vegetable stock powder** and a pinch of **salt** and cook, uncovered, over high heat until tender, **12-14 minutes**.
- Drain **rice**, rinse with warm water and set aside.
- Meanwhile, roughly chop **Asian greens**. Thinly slice **carrot** and **courgette** into half-moons.
- In a medium bowl, combine **Southeast Asian spice blend** and a drizzle of **olive oil**. Add **beef strips** and toss to coat.

Little cooks: Kids can help toss the beef strips in the seasoning.

3



Bring it all together

- Return frying pan to medium-high heat, then add **coconut milk**, the **soy sauce** and **brown sugar**. Cook, stirring, until reduced slightly, **2-3 minutes**.
- Return **beef** and **veggies** to the pan and toss until heated through and well combined, **1 minute**.

Custom Recipe: Slice the beef rump before returning to the pan.

2



Cook the veggies & beef strips

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **carrot** and **courgette** until tender, **4-5 minutes**.
- Add **Asian greens** and **ginger paste** and cook until wilted, **1-2 minutes**. Season to taste, then transfer to a second medium bowl.
- 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**. Transfer to the bowl with the veggies.

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

Custom Recipe: If you've upgraded to beef rump, season beef with salt and pepper. Heat the pan as above. When oil is hot, cook the beef rump for 2-3 minutes on each side (depending on thickness), or until cooked to your liking. Transfer to a plate to rest and continue with step.

4



Serve up

- Divide rapid rice between bowls. Top with Southeast Asian beef and veggies.
- Spoon over creamy coconut sauce from the pan to serve. Enjoy!

Rate your recipe

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