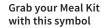


# Southeast Asian Beef & Creamy Coconut Sauce

with Rapid Rice & Veggies

KID FRIENDLY











Asian Greens







Courgette



**Beef Strips** 



**Ginger Paste** 



Coconut Milk





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!



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

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	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

<sup>\*</sup>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.



Scan here if you have any questions or concerns

2024 | CW04





#### 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.



# 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.



## 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.



## 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

Did we make your tastebuds happy? Let our culinary team know: hellofresh.co.nz/rate