



Quick Asian Peppercorn Beef Stir-Fry

with Garlic Rice & Veggies

TAKEAWAY FAVES

KID FRIENDLY

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Onion



Carrot



Black Peppercorns



Sweet Chilli Sauce



Teriyaki Sauce



Beef Strips



Broccoli Florets



Crushed Peanuts



Beef Strips

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

My oh my, did someone say it's beef stir-fry night? Lucky for you, we've put together one of the classics for you to devour in no time. Keep an eye out for the sweet chilli sauce and teriyaki sauce mixture that coats all of the veggies and beef to perfection. It is so good that it deserves some recognition.

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

Pantry items

Olive Oil, Butter, Soy Sauce

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
water*	1¼ cups	2½ cups
jasmine rice	1 packet	1 packet
onion	½	1
carrot	1	2
black peppercorns	½ sachet	1 sachet
sweet chilli sauce	1 medium packet	1 large packet
teriyaki sauce	1 medium packet	1 large packet
beef strips	1 small packet	2 small packets OR 1 large packet
broccoli florets	1 bag (200g)	1 bag (400g)
soy sauce*	1½ tbs	3 tbs
crushed peanuts	1 packet	2 packets
beef strips**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3402kJ (813Cal)	656kJ (157Cal)
Protein (g)	45g	8.7g
Fat, total (g)	27.4g	5.3g
- saturated (g)	10.9g	2.1g
Carbohydrate (g)	95g	18.3g
- sugars (g)	23g	4.4g
Sodium (mg)	1278mg	246mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4199kJ (1004Cal)	653kJ (156Cal)
Protein (g)	73.7g	11.5g
Fat, total (g)	35.7g	5.5g
- saturated (g)	14.2g	2.2g
Carbohydrate (g)	95g	14.8g
- sugars (g)	23g	3.6g
Sodium (mg)	1328mg	206mg

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 the **water** and a generous pinch of **salt** and bring to the boil.
- Add **jasmine rice**, stir, cover with a lid and reduce heat to low.
- Cook for **12 minutes**, then remove from heat and keep covered until rice is tender and water is absorbed, **10-15 minutes**.

3



Cook the stir-fry

- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **onion**, **carrot** and **broccoli florets** with a splash of **water**, tossing, until tender, **4-6 minutes**. Reduce heat to medium, then add the **soy sauce** and remaining **garlic** and cook until fragrant, **1 minute**. Transfer to a bowl.
- Return the frying pan to high heat with a drizzle of **olive oil**. When oil is hot, cook **beef strips**, until browned and cooked through, **1-2 minutes**.
- Add **sweet chilli sauce mixture** and return **veggies** to the pan, tossing to combine, **1 minute**.

Custom Recipe: Cook beef in batches for the best results. Return all beef strips to the pan before adding the sauce mixture.

2



Get prepped

- Meanwhile, thinly slice **onion** (see ingredients). Thinly slice **carrot** into half-moons. Crush **black peppercorns** (see ingredients) with a mortar and pestle, or in their sachet using a rolling pin.
- In a small bowl, combine **sweet chilli sauce**, **teriyaki sauce** and a splash of **water**.
- **SPICY!** Peppercorns can be spicy, use less if you're sensitive to heat! In a medium bowl, combine **beef strips** and **peppercorns**. Season with **salt**.

Custom Recipe: If you've doubled your beef strips, combine beef in a large bowl with the spice blend and peppercorns.

4



Serve up

- Divide garlic rice, Asian peppercorn beef stir-fry and veggies between bowls.
- Sprinkle over **crushed peanuts** to serve. Enjoy!

Little cooks: Add the finishing touch by sprinkling over the crushed peanuts!

Rate your recipe

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