



Ginger & Pepper Beef Stir-Fry

with Garlic Cauliflower Rice & Peanuts

NEW

Grab your Meal Kit with this symbol



Carrot



Asian Greens



Onion



Garlic



Black Peppercorns



Beef Strips



Oyster Sauce



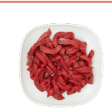
Ginger Paste



Cauliflower Rice



Crushed Peanuts



Beef Strips

Prep in: 20-30 mins
Ready in: 25-34 mins

Carb Smart

We're pop, pop, popping with punchy flavours that raise this beef stir-fry to new heights. Indulge in the fragrant taste of ginger and pepper, followed up by a subtle garlic note in the cauliflower rice. The final pop of flavour comes from a sprinkling of peanuts.

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

Pantry items

Olive Oil, Honey, 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

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
Asian greens	1 packet	2 packets
onion	½	1
garlic	3 cloves	6 cloves
black peppercorns	½ sachet	1 sachet
beef strips	1 medium packet	2 medium packets OR 1 large packet
oyster sauce	1 medium packet	1 large packet
ginger paste	1 medium packet	1 large packet
honey*	½ tbs	1 tbs
cauliflower rice	1 medium packet	1 large packet
soy sauce*	1 tbs	2 tbs
crushed peanuts	1 packet	2 packets
beef strips**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1767kJ (422Cal)	304kJ (73Cal)
Protein (g)	39.1g	6.7g
Fat, total (g)	16.8g	2.9g
- saturated (g)	4.8g	0.8g
Carbohydrate (g)	28.2g	4.8g
- sugars (g)	17.5g	3g
Sodium (mg)	1475mg	253mg
Dietary Fibre (g)	6.9g	1.2g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2563kJ (613Cal)	363kJ (87Cal)
Protein (g)	67.8g	9.6g
Fat, total (g)	25.2g	3.6g
- saturated (g)	8.1g	1.1g
Carbohydrate (g)	28.2g	4g
- sugars (g)	17.5g	2.5g
Sodium (mg)	1525mg	216mg
Dietary Fibre (g)	6.9g	1g

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 | CW10



Get prepped

- Thinly slice **carrot** into half-moons. Roughly chop **Asian greens**. Thinly slice **onion** (see ingredients). Finely chop **garlic**.
- Lightly crush **black peppercorns** with a pestle and mortar or in their sachet using a rolling pin.
- Discard any liquid from **beef strips** packaging. In a medium bowl, combine **beef strips**, **onion**, **peppercorns**, a pinch of **salt** and a drizzle of **olive oil**.
- In a small bowl, combine **oyster sauce**, **ginger paste**, the **honey** and half the **garlic**.

Custom Recipe: If you've doubled your beef strips, combine in a large bowl.



Cook the beef

- Return pan to high heat with a drizzle of **olive oil**.
- When oil is hot, cook **beef** and **onion** in batches, tossing, until browned and cooked through, **2-4 minutes**.
- Return all **beef** and **onion** to pan. Add **oyster sauce mixture** and toss to combine, **1 minute**. Season.

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



Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- Cook **carrot** and **Asian greens**, until tender, **2-3 minutes**. Stir in remaining **garlic** and cook until fragrant, **1 minute**.
- Add **cauliflower rice** and the **soy sauce** and cook until softened, **2-4 minutes**. Season with **pepper**. Transfer to a bowl and cover to keep warm.



Serve up

- Divide garlic cauliflower rice and veggies between bowls. Top with ginger-pepper beef.
- Sprinkle over **crushed peanuts** to serve. Enjoy!

Rate your recipe

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