



Teriyaki & Ginger Beef Stir-Fry

with Sesame Dressing & Crispy Shallots

NEW

KID FRIENDLY

Grab your Meal Kit with this symbol



Jasmine Rice



Beef Mince



Asian Stir-Fry Mix



Ginger Paste



Garlic Paste



Teriyaki Sauce



Soy Sauce Mix



Sesame Dressing



Crispy Shallots



Pork Mince

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

A beef stir-fry isn't complete without veggies and a sticky dark sauce. Make sure it coats everything, and use that rice to soak it up - you don't want to leave a drop of this punchy flavour combo in the bowl!

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

Pantry items

Olive Oil, Brown Sugar, Sesame Oil

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 medium packet	1 large packet
beef mince	1 medium packet	2 medium packets OR 1 large packet
Asian stir-fry mix	1 medium packet	1 large packet
ginger paste	1 medium packet	1 large packet
garlic paste	1 small packet	1 medium packet
teriyaki sauce	1 medium packet	1 large packet
soy sauce mix	1 medium packet	1 large packet
brown sugar*	1 tsp	2 tsp
sesame oil*	½ tbs	1 tbs
sesame dressing	1 medium packet	1 large packet
crispy shallots	1 medium packet	1 large packet
pork mince**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3649kJ (872Cal)	801kJ (191Cal)
Protein (g)	37g	8.1g
Fat, total (g)	36.3g	8g
- saturated (g)	12.1g	2.7g
Carbohydrate (g)	90.6g	19.9g
- sugars (g)	20g	4.4g
Sodium (mg)	1867mg	410mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3358kJ (803Cal)	737kJ (176Cal)
Protein (g)	32.8g	7.2g
Fat, total (g)	31.8g	7g
- saturated (g)	9.3g	2g
Carbohydrate (g)	90.6g	19.9g
- sugars (g)	20g	4.4g
Sodium (mg)	1888mg	414mg

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.

1



Cook the rice

- Boil the kettle. Half-fill a medium saucepan with boiling water.
- Add **jasmine rice** and a pinch of **salt** and cook, uncovered, over high heat until tender, **12 minutes**.
- Drain, rinse with warm water and set aside.

3



Finish the stir-fry

- Add **ginger paste** and **garlic paste** and cook, until fragrant, **1 minute**.
- Add **teriyaki sauce**, **soy sauce mix**, the **brown sugar** and **sesame oil** and cook, tossing until slightly reduced, **30 seconds**. Season to taste.

2



Start the stir-fry

- Meanwhile, heat a large frying pan over high heat with a drizzle of **olive oil**. Cook **beef mince**, breaking up with a spoon, until browned, **3-4 minutes**.
- Add **Asian stir-fry mix** and cook, stirring, until softened, **1-2 minutes**.

TIP: For best results, drain the oil from the pan before cooking the sauce.

Custom Recipe: If you've swapped to pork mince, follow step as above.

4



Serve up

- Divide rapid rice between bowls.
- Top with teriyaki and ginger beef stir-fry.
- Drizzle over **sesame dressing**. Garnish with **crispy shallots** to serve. Enjoy!

Little cooks: Help sprinkle over the crispy shallots!

We're here to help!

Scan here if you have any questions or concerns



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