



Sticky Honey-Soy Beef & Fried Rice

with Asian Greens

FEEL-GOOD TAKEAWAY

Grab your Meal Kit with this symbol



Jasmine Rice



Carrot



Asian Greens



Onion



Garlic Paste



Sriracha



Garlic & Herb Seasoning



Beef Strips



Honey-Soy Sauce



Beef Strips

Prep in: 25-35 mins
Ready in: 30-40 mins

This dish has a little bit of everything, including an array of colour. It's a tasty rainbow! From the sweet, honey-soy soaked beef strips to the nutritious veggies tucked into the fried rice (there's even egg in there too), we know everyone will be pleased.

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

Pantry items

Olive Oil, Brown Sugar, Soy Sauce, Egg

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
carrot	1	2
Asian greens	1 packet	2 packets
onion	½	1
garlic paste	½ medium packet	1 medium packet
sriracha	1 medium packet	1 large packet
brown sugar*	1 tsp	2 tsp
soy sauce*	2 tbs	¼ cup
garlic & herb seasoning	1 medium sachet	1 large sachet
egg*	1	2
beef strips	1 medium packet	2 medium packets OR 1 large packet
honey-soy sauce	1 medium packet	1 large packet
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)	2950kJ (705Cal)	535kJ (127Cal)
Protein (g)	42.1g	7.6g
Fat, total (g)	11.9g	2.2g
- saturated (g)	4.2g	0.8g
Carbohydrate (g)	101.9g	18.5g
- sugars (g)	29g	5.3g
Sodium (mg)	2670mg	484mg
Dietary Fibre (g)	13.4g	2.4g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3746kJ (895Cal)	554kJ (132Cal)
Protein (g)	70.8g	10.5g
Fat, total (g)	20.3g	3g
- saturated (g)	7.5g	1.1g
Carbohydrate (g)	101.9g	15.1g
- sugars (g)	29g	4.3g
Sodium (mg)	2720mg	402mg
Dietary fibre	13.4g	2g

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 | CW19



1



Start 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 a high heat until tender, **12 minutes**.
- Drain **rice**, rinse with warm water and set aside.

TIP: The rice will finish cooking in step 4!

4



Finish the rice

- Push **veggies** to one side of the pan, then crack the **egg** into pan and scramble until cooked through, **1 minute**.
- Add the **soy sauce mixture** and cook until slightly reduced, **1-2 minutes**.
- Add the **par-cooked rice** and cook, stirring, until tender, **2-3 minutes**. Transfer to a bowl, season to taste and cover to keep warm.

2



Get prepped

- Meanwhile, thinly slice **carrot** into half-moons. Roughly chop **Asian greens**. Thinly slice **onion** (see ingredients).
- In a small bowl, combine **garlic paste** (see ingredients), **sriracha**, the **brown sugar** and **soy sauce**. Set aside.

5



Cook the beef

- Wipe out the frying pan, then return to high heat with a drizzle of **olive oil**. When oil is hot, cook **beef strips**, tossing, until browned and cooked through, **1-2 minutes**.
- Add the **honey-soy sauce** and a splash of **water**, and cook, until combined, **1 minute**.

Custom Recipe: If you've doubled your beef strips, cook in batches for best results. Return all beef to the pan before adding the sauce.

3



Cook the veggies

- Heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **carrot, onion** and **Asian greens** until tender, **4-5 minutes**.
- Add **garlic & herb seasoning** and cook until fragrant, **1 minute**.

6



Serve up

- Divide veggie fried rice between bowls.
- Top with sticky honey-soy beef and any remaining sauce to serve. Enjoy!

Rate your recipe

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