



# Asian Beef & Baby Broccoli Stir-Fry

with Garlic & Spring Onion Rice

KID FRIENDLY

Grab your meal kit with this number

38



Garlic



Jasmine Rice



Carrot



Baby Broccoli



Asian Greens



Oyster Sauce



Sweet Soy Seasoning



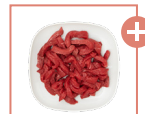
Beef Strips



Spring Onion



Crushed Peanuts



Beef Strips



Chicken Breast Strips

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



This fast Thai-style meal gets its flavour from aromatic garlic and a sweet and savoury mix of oyster sauce, soy and brown sugar. With spring onion stirred into the fluffy rice, this is a delicious combination just waiting for you to dive in!

### Pantry items

Olive Oil, Butter, Soy Sauce, Brown Sugar



## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

**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
<b>olive oil*</b>	refer to method	refer to method
garlic	3 cloves	6 cloves
<b>butter*</b>	20g	40g
<b>water*</b> (for the rice)	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
carrot	1	2
baby broccoli	1 medium bunch	2 medium bunches
Asian greens	1 packet	2 packets
oyster sauce	1 medium packet	1 large packet
<b>water*</b> (for the sauce)	2 tbs	¼ cup
<b>soy sauce*</b>	1 tbs	2 tbs
<b>brown sugar*</b>	½ tbs	1 tbs
sweet soy seasoning	1 medium sachet	2 medium sachets
beef strips	1 medium packet	2 medium packets OR 1 large packet
spring onion	1 stem	2 stems
crushed peanuts	1 medium packet	2 medium packets

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2454kJ (587Cal)	450kJ (108Cal)
Protein (g)	40.7g	7.5g
Fat, total (g)	25.9g	4.7g
- saturated (g)	10.4g	1.9g
Carbohydrate (g)	45.5g	8.3g
- sugars (g)	16.2g	3g
Sodium (mg)	1954mg	358mg
Dietary Fibre (g)	12.2g	2.2g

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](https://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 | CW26



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## Cook the garlic rice

- Finely chop **garlic**.
- In a medium saucepan, heat the **butter** and a drizzle of **olive oil** over medium heat. Cook half the **garlic** until fragrant, **1 minute**.
- Add **water (for the rice)** and a 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 pan from heat and keep covered until rice is tender and water is absorbed, **10-15 minutes**.

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## Cook the beef & veggies

- When the rice has **10 minutes** cook time remaining, heat a large frying pan over high heat with a drizzle of **olive oil**. Cook **beef strips** in batches, tossing, until browned and cooked through, **1-2 minutes**. Transfer to a plate.
- Return frying pan to medium-high heat with a drizzle of **olive oil**. Stir-fry **carrot** and **baby broccoli** until tender, **4-5 minutes**.
- Add **Asian greens** and remaining **garlic** and cook until softened, **1-2 minutes**.
- Add **oyster sauce mixture**, then return **beef** to the frying pan and remove from the heat. Toss until combined and warmed through.

### CUSTOM OPTIONS



#### DOUBLE BEEF STRIPS

Follow method above, cooking in batches if necessary.



#### SWAP TO CHICKEN BREAST STRIPS

Before cooking veggies, cook with a drizzle of olive oil until browned and cooked through, 3-4 minutes. Continue with recipe.

2

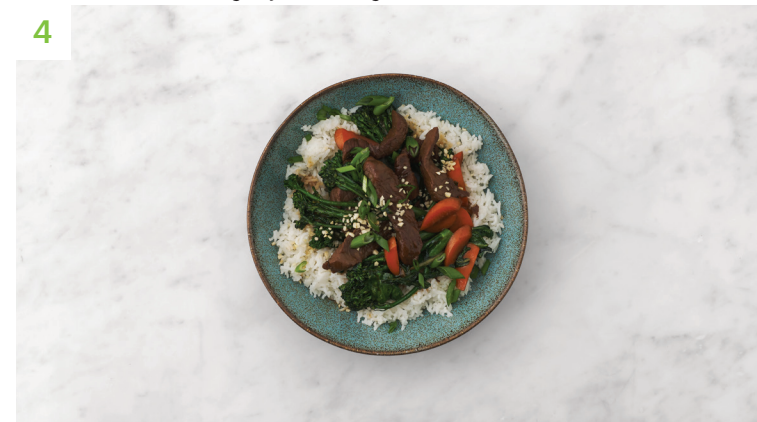


## Get prepped

- Meanwhile, thinly slice **carrot** into half-moons. Halve any thicker stalks of **baby broccoli** lengthways. Roughly chop **Asian greens**.
- In a small bowl, combine **oyster sauce**, **water (for the sauce)**, the **soy sauce** and **brown sugar**. Set aside.
- In a large bowl, combine **sweet soy seasoning** and a drizzle of **olive oil**. Add **beef strips** and toss to coat.

**Little cooks:** Take charge by combining the sauces!

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## Serve up

- Thinly slice **spring onion**. Stir spring onion through garlic rice.
- Divide garlic and spring onion rice between bowls.
- Top with sweet-soy beef and veggie stir-fry.
- Sprinkle with **crushed peanuts** to serve. Enjoy!

**TIP:** Add less spring onion to the rice if you're not a fan.

**Little cooks:** Add the finishing touch by sprinkling over the nuts!

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

