



Slow-Cooked Satay Beef & Garlic Rice

with Veggies & Crushed Peanuts

SLOW-COOKER FRIENDLY

NEW

Grab your meal kit with this number

32



Recipe Update

We've replaced the crushed peanuts in this recipe with roasted almonds due to local ingredient availability. It'll be just as delicious, just follow your recipe card!



Carrot



Asian Greens



Beef Chuck Roll



Curry Powder



Peanut Butter



Beef-Style Stock Powder



Coconut Milk



Garlic



Jasmine Rice



Roasted Almonds



Diced Bacon



Broccoli Florets

Prep in: 15-25 mins
Ready in: 4 hours 15 mins-4 hours 25 mins

Imagine this: tender, melt-in-your-mouth beef infused with a rich, creamy peanut sauce, slow-cooked to perfection. Now, stop imagining, start cooking! Throw everything in your slow cooker and forget about it for a meal that proves that slow and steady wins the dinner race!

Pantry items

Olive Oil, Soy Sauce, Brown Sugar, Butter

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

Large frying pan · Slow cooker or Ovenproof saucepan · Medium saucepan with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
Asian greens	1 packet	2 packets
beef chuck roll	1 medium packet	2 medium packets or 1 large packet
curry powder	1 sachet	2 sachets
peanut butter	1 packet	2 packets
beef-style stock powder	1 medium sachet	1 large sachet
coconut milk	1 medium packet	2 medium packets
soy sauce*	2 tbs	¼ cup
brown sugar*	1 tbs	2 tbs
water* (for the curry)	1 cup	2 cups
garlic	2 cloves	4 cloves
butter*	20g	40g
jasmine rice	1 medium packet	1 large packet
water* (for the rice)	1¼ cups	2½ cups
roasted almonds	½ packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3247kJ (776cal)	291kJ (70cal)
Protein (g)	45.5g	4.1g
Fat, total (g)	44.6g	4g
- saturated (g)	23.8g	2.1g
Carbohydrate (g)	73.6g	6.6g
- sugars (g)	6.3g	0.6g
Sodium (mg)	632mg	56.7mg
Dietary Fibre (g)	9.4g	0.8g

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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Get prepped

- Cut **carrot** into bite-sized chunks. Roughly chop **Asian greens**.
- Cut **beef chuck** into 3cm chunks.
- In a large frying pan, heat a drizzle of **olive oil** over high heat. Add **beef chuck** and cook, until browned on all sides, **3-4 minutes**.
- Add **curry powder, peanut butter, beef-style stock powder, coconut milk, the soy sauce, brown sugar and the water (for the curry)**. Stir to combine.



Make the garlic rice

- When the curry has **30 minutes** remaining, finely chop **garlic**.
- In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat. Cook **garlic** until fragrant, **1-2 minutes**.
- Add **jasmine rice, the water (for the rice)** and a generous pinch of **salt**, stir, then bring to boil. Reduce heat to low and cover with a lid.
- Cook for **12 minutes**, then remove from heat and keep covered until rice is tender and water is absorbed, **10-15 minutes**.

TIP: The rice will finish cooking in its own steam so don't peek!

CUSTOM OPTIONS

+ ADD DICED BACON

In a large frying pan, cook with a drizzle of olive oil until browned, 4-5 minutes. Sprinkle over before serving.

+ ADD BROCCOLI FLORETS

Add with the Asian greens.



Make the curry

- Transfer **beef mixture** to slow cooker and set cooking temperature to high.
- Place lid on slow cooker and cook, stirring each hour, until beef is tender and falls apart, **4 hours**.
- In the last **5 minutes** of cook time, add **Asian greens** and stir to combine.

TIP: If you don't have a slow cooker, preheat oven to 200°C/180°C fan-forced. Transfer mixture to an ovenproof saucepan, cover with lid (or tightly with foil) and bake until beef is tender, 90 minutes.



Serve up

- Meanwhile, roughly chop **roasted almonds (see ingredients)**.
- Divide garlic rice between bowls.
- Top with satay beef curry. Garnish with roasted almonds. Enjoy!

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

