

# Spicy Sichuan Beef & Green Bean Stir-Fry

with Garlic Rice & Crispy Shallots

NEW

Grab your meal kit  
with this number

12



Garlic Paste



Jasmine Rice



Green Beans



Carrot



Beef Strips



Sichuan Garlic Paste



Sriracha



Crispy Shallots



Beef Strips



Chicken Breast

Prep in: 20-30 mins  
Ready in: 25-35 mins

 Protein Rich

 Calorie Smart

This easy meal showcases tender beef strips with bold Sichuan garlic paste, sriracha, honey and soy, delivering savoury, sweet and hot all in one bite. Paired with aromatic garlic rice, this flavour-packed dish is perfect for a weeknight dinner or a special treat!

### Pantry items

Olive Oil, Butter, Soy Sauce, Honey



## 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
<b>butter*</b>	20g	40g
garlic paste	1 small packet	1 medium packet
<b>water*</b>	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
green beans	1 medium packet	1 large packet
carrot	1	2
<b>beef strips</b>	1 medium packet	2 medium packets OR 1 large packet
Sichuan garlic paste	1 packet	2 packets
sriracha	1 medium packet	1 large packet
<b>soy sauce*</b>	1 tbs	2 tbs
<b>honey*</b>	½ tsp	1 tsp
crispy shallots	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2636kJ (630cal)	282kJ (67cal)
Protein (g)	35.7g	3.8g
Fat, total (g)	28.8g	3.1g
- saturated (g)	11.4g	1.2g
Carbohydrate (g)	55.9g	6g
- sugars (g)	20.1g	2.1g
Sodium (mg)	1251mg	133.7mg
Dietary Fibre (g)	6g	0.6g

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 | CW37



## Cook the rice

- In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat. Cook **garlic paste** until fragrant, **1-2 minutes**.
- Add the **water** and a generous pinch of **salt** to pan and bring to the boil.
- Add **jasmine rice**, stir, cover with a lid and reduce heat to low. Cook for **12 minutes**, then remove from heat and keep covered until rice is tender and all the water is absorbed, **10-15 minutes**.

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



## Cook the beef

- When the rice has **5 minutes** remaining, return frying pan to high heat with a drizzle of **olive oil**.
- When oil is hot, add **beef strips** and cook, tossing occasionally, until browned and cooked through, **1-2 minutes**.
- Add **Sichuan mixture**, tossing to coat, **1-2 minutes**.

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

## CUSTOM OPTIONS



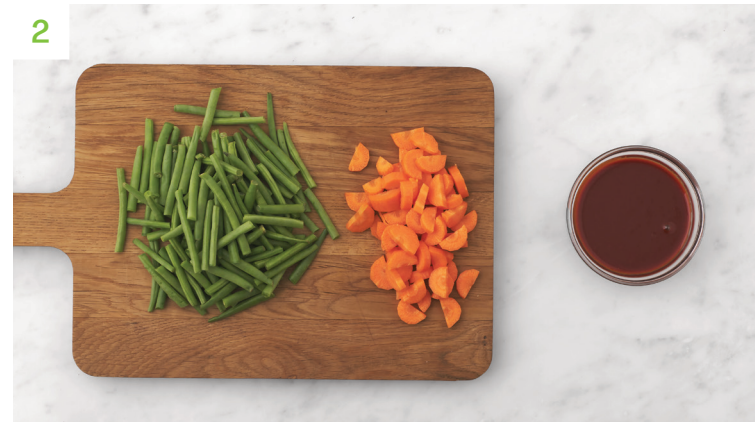
### DOUBLE BEEF STRIPS

Follow method above, cooking in batches if necessary.



### SWAP TO CHICKEN BREAST

Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.



## Get prepped

- Meanwhile, trim and halve **green beans**. Thinly slice **carrot** into half-moons. Discard any liquid from **beef strips** packaging.
- In a small bowl, combine **Sichuan garlic paste**, **sriracha**, the **soy sauce**, **honey** and a splash of **water**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Add **green beans** and **carrot** and cook until tender, **5-6 minutes**.
- Season, transfer to a bowl and cover to keep warm.



## Serve up

- Divide garlic rice between bowls.
- Top with spicy Sichuan beef and green bean stir-fry.
- Spoon over any remaining pan sauce.
- Garnish with **crispy shallots** to serve. Enjoy!

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

