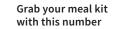


Easy Asian Sweet Soy Beef Bowl with Butter Rice, Honey-Soy Veggies & Crispy Shallots

KID FRIENDLY











Broccoli Florets

Beef Strips





Sesame Dressing

Crispy Shallots

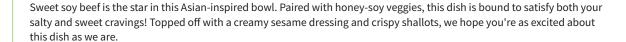






Calorie Smart







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 · Large frying pan

Ingredients

| | 2 People | 4 People |
|------------------------|-----------------|---------------------------------------|
| olive oil* | refer to method | refer to method |
| jasmine rice | 1 medium packet | 1 large packet |
| butter* | 20g | 40g |
| carrot | 1 | 2 |
| broccoli florets | 1 medium packet | 1 large packet |
| soy sauce* | 1 tbs | 2 tbs |
| honey* | 1 tsp | 2 tsp |
| beef strips | 1 medium packet | 2 medium packets OR 1 large packet |
| sweet soy seasoning | 1 sacchet | 2 sachets |
| sesame dressing | 1 medium packet | 1 large packet |
| crispy shallots | 1 medium sachet | 1 large sachet |

^{*}Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|-------------------|-----------------|---------------|
| Energy (kJ) | 2272kJ (543cal) | 264kJ (63cal) |
| Protein (g) | 36.8g | 4.3g |
| Fat, total (g) | 25.3g | 2.9g |
| - saturated (g) | 10.9g | 1.3g |
| Carbohydrate (g) | 40.1g | 4.7g |
| - sugars (g) | 9.5g | 1.1g |
| Sodium (mg) | 794mg | 92.2mg |
| Dietary Fibre (g) | 6.8g | 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.



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, 12-14 minutes.
- Drain and rinse with warm water. Return **rice** to the saucepan, along with the **butter** and cover to keep warm.



Cook the beef & veggies

- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **broccoli** and carrot for 2 minutes. Add the soy sauce and honey and cook, tossing, until veggies are tender, 4-5 minutes. Transfer to a bowl and cover to keep warm.
- Discard any **liquid** from **beef strips** packaging. In a medium bowl, combine beef strips, sweet soy seasoning and a drizzle of olive oil.
- Wipe out frying pan, then return to high heat with a drizzle of olive oil. When oil is hot, cook beef strips in batches, tossing, until browned and cooked through, 1-2 minutes.



Get prepped

- Meanwhile, thinly slice carrot into half-moons.
- Cut any larger broccoli florets in half.



Serve up

- · Divide butter rice between bowls.
- Top with honey-soy veggies and Asian sweet soy beef.
- Drizzle over **sesame dressing** and sprinkle with **crispy shallots** to serve. Enjoy!

Little cooks: Add the finishing touch by sprinkling over the garnish!

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







Thinly slice into strips. Cook as above, for 1-2 minutes.



Cook, tossing, until pink and starting to curl up, 3-4 minutes.

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

