



Easy Asian Sweet Soy Beef Bowl

with Butter Rice, Honey-Soy Veggies & Crispy Shallots

KID FRIENDLY

Grab your meal kit with this number

20



Jasmine Rice



Carrot



Broccoli Florets



Beef Strips



Sweet Soy Seasoning



Sesame Dressing



Crispy Shallots



Beef Rump



Peeled Prawns

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



Protein Rich



Calorie Smart

Sweet soy beef is the star in this Asian-inspired bowl. Paired with honey-soy veggies, this dish is bound to satisfy both your salty and sweet cravings! Topped off with a creamy sesame dressing and crispy shallots, we hope you're as excited about this dish as we are.

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 · 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 sachet	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.

1



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.

3



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**.

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

2



Get prepped

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

4



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!*

We're here to help!

Scan here if you have any questions or concerns

2024 | CW45



CUSTOM OPTIONS



SWAP TO BEEF RUMP

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



SWAP TO PEELED PRAWNS

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.

