



# Easy Sticky Beef & Asparagus Stir-Fry

with Corn Rice & Coriander

NEW

Grab your meal kit with this number

11



Sweetcorn



Jasmine Rice



Asparagus



Beef Mince



Sweet Soy Seasoning



Garlic Paste



Soy Sauce Mix



Teriyaki Sauce



Baby Leaves



Coriander



Beef Mince



Pork Mince

Prep in: 15-25 mins  
Ready in: 20-30 mins

Protein Rich

This Asian-style beef and asparagus stir fry is calling our name and we can't resist! Our blend of spices and sauces creates the perfect balance of sweet and savoury and even the corn-studded rice is bursting with flavour. You'll be back for seconds and thirds of this one.

### Pantry items

Olive Oil

## 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
<b>olive oil*</b>	refer to method	refer to method
sweetcorn	1 medium tin	2 medium tins
jasmine rice	1 medium packet	1 large packet
asparagus	1 bunch	2 bunches
beef mince	1 medium packet	2 medium packets OR 1 large packet
sweet soy seasoning	1 sachet	2 sachets
garlic paste	1 medium packet	2 medium packets
soy sauce mix	1 medium packet	1 large packet
teriyaki sauce	1 medium packet	1 large packet
baby leaves	1 small packet	1 medium packet
coriander	1 packet	1 packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3032kJ (724Cal)	701kJ (167Cal)
Protein (g)	37.8g	8.7g
Fat, total (g)	23.9g	5.5g
- saturated (g)	8.7g	2g
Carbohydrate (g)	79.9g	18.5g
- sugars (g)	14.4g	3.3g
Sodium (mg)	1484mg	343mg
Dietary Fibre (g)	6.2g	1.4g

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.

1



## Cook the rice

- Boil the kettle. Drain **sweetcorn**.
- Half-fill a medium saucepan with the boiling water.
- Add **jasmine rice**, **corn** and a pinch of **salt** and cook, uncovered, over high heat until tender, **12-14 minutes**. Drain and return to the pan.

3



## Cook the beef

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **asparagus** and a splash of **water**, tossing, until tender, **3-4 minutes**.
- Add **beef mince**, breaking up with a spoon, until just browned, **3-4 minutes**.
- Add **sweet soy seasoning** and **garlic paste** and cook until fragrant, **1 minute**.
- Add **soy sauce mix**, **teriyaki sauce**, **baby leaves** and another splash of **water** and cook, until slightly reduced, **1-2 minutes**. Season with **pepper**.

**TIP:** Adding a splash of water to the pan will help the asparagus cook!

2



## Get prepped

- Meanwhile, trim ends of **asparagus**.

4



## Serve up

- Divide corn rice between bowls.
- Top with sticky beef and asparagus stir fry.
- Tear over **coriander** to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

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### CUSTOM OPTIONS



#### DOUBLE BEEF MINCE

Follow method above, cooking in batches if necessary.



#### SWAP TO PORK MINCE

Follow method above.

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

