



# Sticky Beef & Fried Rice

with Asian Greens

TAKEAWAY FAVES

HELLOHERO

Grab your meal kit with this number

22



Basmati Rice



Carrot



Asian Greens



Onion



Garlic Paste



Ginger Paste



Sriracha



Sweet Soy Seasoning



Beef Strips



Honey-Soy Sauce



Chicken Breast



Beef Strips

Prep in: 25-35 mins  
Ready in: 30-40 mins

Protein Rich

This dish has a little bit of everything, including an array of colour – it’s a tasty rainbow! From the sweet, honey-soy soaked beef strips to the nutritious veggies tucked into the fried rice (there’s even egg in there too), we know everyone will be pleased.

### Pantry items

Olive Oil, Brown Sugar, Soy Sauce, Egg



## 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
basmati rice	1 medium packet	1 large packet
carrot	1	2
Asian greens	1 packet	2 packets
onion	½	1
garlic paste	1 large packet	2 large packets
ginger paste	1 medium packet	1 large packet
sriracha	1 medium packet	2 medium packets
<b>brown sugar*</b>	1 tsp	2 tsp
<b>soy sauce*</b>	2 tbs	¼ cup
sweet soy seasoning	1 sachet	2 sachets
<b>egg*</b>	1	2
beef strips	1 medium packet	2 medium packets OR 1 large packet
honey-soy sauce	1 medium packet	1 large packet
<b>water*</b>	2 tbs	¼ cup

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2874kJ (686Cal)	532kJ (127Cal)
Protein (g)	43.3g	8g
Fat, total (g)	12.2g	2.3g
- saturated (g)	4.3g	0.8g
Carbohydrate (g)	99g	18.3g
- sugars (g)	27.7g	5.1g
Sodium (mg)	2135mg	395mg
Dietary Fibre (g)	6.8g	1.3g

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



## Start the rice

- Boil the kettle. Half-fill a medium saucepan with boiling water.
- Add **basmati rice** and a pinch of **salt** and cook, uncovered, over high heat, **10 minutes**.
- Drain **rice**, rinse with warm water and set aside.

**TIP:** The rice will finish cooking in step 4!

2



## Get prepped

- Meanwhile, thinly slice **carrot** into half-moons.
- Roughly chop **Asian greens**.
- Thinly slice **onion** (see ingredients).
- In a small bowl, combine **garlic paste**, **ginger paste**, **sriracha**, the **brown sugar** and the **soy sauce**. Set aside.

3



## Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **carrot**, **onion** and **Asian greens** until tender, **4-5 minutes**.
- Add **sweet soy seasoning** and cook until fragrant, **1 minute**.

4



## Finish the rice

- Push **veggies** to one side of the pan, then crack the **egg** into pan and scramble until cooked through, **1 minute**.
- Add the **soy sauce mixture** and cook until slightly reduced, **1-2 minutes**.
- Add the **par-cooked rice** and cook, stirring, until tender, **2-3 minutes**. Transfer to a bowl, season to taste and cover to keep warm.

5



## Cook the beef

- Wipe out the 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**.
- Add **honey-soy sauce** and the **water** and cook until combined, for **1 minute**.

6



## Finish & serve

- Divide veggie fried rice between bowls.
- Top with sticky beef and any remaining sauce to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2025 | CW01



### CUSTOM OPTIONS



#### SWAP TO CHICKEN BREAST

Cut into 2cm chunks. Cook until cooked through, 4-6 minutes.



#### DOUBLE BEEF STRIPS

Follow method above, cooking in batches if necessary.

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

