



# Sticky Sesame Beef & Ginger Veggies

with Garlic Rice

NEW

Grab your meal kit  
with this number

39



Garlic



Jasmine Rice



Carrot



Asian Greens



Baby Broccoli



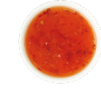
Ginger Paste



Beef Strips



Cornflour



Sweet Chilli  
Sauce



Sesame Seeds



Beef  
Strips



Diced  
Chicken

Prep in: 20-30 mins  
Ready in: 30-40 mins

Protein Rich

These beef strips have everything - they're sweet, savoury, sticky, and covered in sesame seeds! Pile them high onto a cushiony bowl of fluffy rice and fragrant green veggies and don't miss a drop of that delicious glaze.

### Pantry items

Olive Oil, Butter, Soy Sauce

## 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                       |
| garlic             | 2 cloves        | 4 cloves                              |
| <b>butter*</b>     | 20g             | 40g                                   |
| <b>water*</b>      | 1¼ cups         | 2½ cups                               |
| jasmine rice       | 1 medium packet | 1 large packet                        |
| carrot             | 1               | 2                                     |
| Asian greens       | 1 packet        | 2 packets                             |
| baby broccoli      | ½ medium bunch  | 1 medium bunch                        |
| ginger paste       | 1 medium packet | 1 large packet                        |
| beef strips        | 1 medium packet | 2 medium packets<br>OR 1 large packet |
| <b>salt*</b>       | ¼ tsp           | ½ tsp                                 |
| cornflour          | 1 packet        | 2 packets                             |
| sweet chilli sauce | ½ large packet  | 1 large packet                        |
| <b>soy sauce*</b>  | ½ tbs           | 1 tbs                                 |
| sesame seeds       | 1 medium sachet | 1 large sachet                        |

\*Pantry Items

## Nutrition

| Avg Qty           | Per Serving     | Per 100g      |
|-------------------|-----------------|---------------|
| Energy (kJ)       | 2505kJ (599cal) | 464kJ (86cal) |
| Protein (g)       | 37.5g           | 6.9g          |
| Fat, total (g)    | 26.1g           | 4.8g          |
| - saturated (g)   | 10.2g           | 1.9g          |
| Carbohydrate (g)  | 52.4g           | 9.7g          |
| - sugars (g)      | 14.7g           | 2.7g          |
| Sodium (mg)       | 880mg           | 163mg         |
| Dietary Fibre (g) | 7.6g            | 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.

## We're here to help!

Scan here if you have any questions or concerns

2025 | CW03



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## Cook garlic rice

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

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

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## Cook the beef

- While veggies are cooking, in a medium bowl, combine **beef strips**, the **salt** and **cornflour**.
- When rice has **5 minutes** remaining, return frying pan to a high heat with a good drizzle of **olive oil**.
- When oil is hot, pick up **beef** with tongs and shake off any excess **flour**. Cook **beef strips** in batches until browned and cooked through, **1-2 minutes**. Transfer to a plate.

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

## CUSTOM OPTIONS



### DOUBLE BEEF STRIPS

Follow method above, cooking in batches if necessary.

2



## Get prepped

- While rice is cooking, thinly slice **carrot** into half-moons.
- Roughly chop **Asian greens**.
- Trim and halve **baby broccoli**.

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## Add the flavourings

- Return all **beef** to the pan, then add **sweet chilli sauce** (see ingredients), the **soy sauce** and **sesame seeds** and cook, tossing, until slightly reduced, **30 seconds**.

3



## Cook the veggies

- Heat a large frying pan over a medium-high heat with a drizzle of **olive oil**.
- Cook **baby broccoli** and **carrot**, tossing, until tender, **4-5 minutes**.
- Add **Asian greens** and **ginger paste** and cook until fragrant, **1 minute**. Season to taste. Transfer to a bowl and cover to keep warm.

6



## Finish & serve

- Divide garlic rice between bowls.
- Top with ginger veggies and sticky sesame beef to serve. Enjoy!

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

