



Asian Beef & Veggie Stir-Fry

with Garlic Rice & Mixed Sesame Seeds

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Capsicum



Carrot



Asian Greens



Spring Onion



Ginger



Mixed Sesame Seeds



Oyster Sauce



Beef Strips

Hands-on: **20-30 mins**
Ready in: **25-35 mins**

It's time to master this stir-fry staple in your own kitchen. For the best result, make sure your pan is searing hot before adding the beef. Don't be afraid to cook the veggies for a few minutes either – you want them to keep a little bite.

Pantry items
Olive Oil, Butter, Soy Sauce, Honey, Rice Wine Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
butter*	20g	40g
basmati rice	1 packet	2 packets
water* (for the rice)	1½ cups	3 cups
salt*	¼ tsp	½ tsp
capsicum	1	2
carrot	1	2
Asian greens	1 bunch	1 bunch
spring onion	2 stems	4 stems
ginger	1 knob	2 knobs
mixed sesame seeds	1 sachet	2 sachets
oyster sauce	1 packet (45g)	1 packet (100g)
soy sauce*	1½ tbs	3 tbs
honey*	2 tsp	4 tsp
rice wine vinegar*	1 tsp	2 tsp
water* (for the sauce)	¼ cup	½ cup
beef strips	1 packet	1 packet

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2700kJ (646Cal)	585kJ (140Cal)
Protein (g)	37.1g	8.0g
Fat, total (g)	18.2g	3.9g
- saturated (g)	8.5g	1.8g
Carbohydrate (g)	78.9g	17.1g
- sugars (g)	17.4g	3.8g
Sodium (mg)	2110mg	455mg

Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.co.nz/foodinfo](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



1. Make the garlic rice

Finely chop the **garlic** (or use a garlic press). In a medium saucepan, melt the **butter** with a **dash** of **olive oil** over a medium heat. Add the **garlic** and cook until fragrant, **1-2 minutes**. Add the **basmati rice**, **water (for the rice)** and the **salt**, stir, then bring to the boil. Reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove from the heat and keep covered until the rice is tender and the water has absorbed, **10 minutes**.

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



4. Cook the veggies

In a large frying pan, heat a **drizzle** of **olive oil** over a medium-high heat. Add the **capsicum** and **carrot** and cook until softened, **5-6 minutes**. Add the **Asian greens** and **1/2** the **spring onion** and cook until tender, **1-2 minutes**. Transfer to a bowl and cover to keep warm.



2. Prep the veggies

While the rice is cooking, thinly slice the **capsicum** into strips. Thinly slice the **carrot** (unpeeled) into batons. Roughly chop the **Asian greens**. Thinly slice the **spring onion**. Finely grate the **ginger** (unpeeled).



5. Bring it all together

Return the frying pan to a high heat with a **drizzle** of **olive oil**. Add the **beef strips** to the frying pan in batches and cook, tossing, until browned, **1-2 minutes**. Transfer to a plate. Return the **beef strips** and **veggies** to the frying pan along with the **honey-soy glaze**. Cook until slightly reduced, **30 seconds**.



3. Make the glaze

In a small bowl, combine the **mixed sesame seeds**, **ginger**, **oyster sauce**, **soy sauce**, **honey**, **rice wine vinegar** and **water (for the sauce)**. Set aside.



6. Serve up

Divide the garlic rice between bowls. Top with the beef and veggie stir-fry. Garnish with the remaining spring onion.

Enjoy!