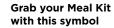
Asian Beef & Veggie Stir-Fry

with Garlic Rice & Mixed Sesame Seeds



















Spring Onion

Asian Greens



Ginger



Mixed Sesame





Oyster Sauce



Beef Strips

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

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*	1/4 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 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!



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).



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.



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.



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**.



6. Serve up

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

Enjoy!