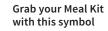


Char Siu Beef & Veggie Stir-Fry with Brown Rice & Sesame Seeds

















Beef Strips

Asian Greens





Oyster Sauce



Mixed Sesame Seeds

Pantry items

Olive Oil, Butter, Soy Sauce, Rice Wine Vinegar, Sesame Oil

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

 ${\sf Medium\ saucepan\cdot Large\ frying\ pan}$

Ingredients

3			
	2 People	4 People	
olive oil*	refer to method	refer to method	
garlic	3 cloves	6 cloves	
water*	3 cups	6 cups	
brown rice	1 packet	1 packet	
butter*	20g	40g	
capsicum	1	2	
carrot	1	2	
Asian greens	1 bag	2 bags	
char siu paste	1 packet	1 packet	
oyster sauce	1 packet (45g)	1 packet (100g)	
soy sauce*	1 tbs	2 tbs	
rice wine vinegar*	½ tbs	1 tbs	
sesame oil*	1 tbs	2 tbs	
beef strips	1 packet	1 packet	
mixed sesame seeds	1 sachet	1 sachet	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3495kJ (835Cal)	568kJ (136Cal)
Protein (g)	42.3g	6.9g
Fat, total (g)	31.7g	5.2g
- saturated (g)	10.6g	1.7g
Carbohydrate (g)	90.1g	14.7g
- sugars (g)	31.8g	5.2g
Sodium (mg)	2320mg	377mg

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Make the brown rice

- Finely chop garlic.
- In a medium saucepan, add the water and brown rice and bring to the boil.
 Reduce heat to medium and simmer, uncovered, until the rice is soft,
 25-30 minutes. Drain rice and set aside.
- Return the saucepan to a medium heat with the butter. Cook garlic until fragrant, 1-2 minutes. Return rice to the pan, then add a pinch of salt and stir to combine. Remove from heat.



Bring it all together

- Return the frying pan to a medium-high heat with a drizzle of olive oil.
 Stir-fry capsicum, carrot and mixed sesame seeds (reserve a pinch for garnish!) until tender, 4-5 minutes.
- Add Asian greens and remaining garlic and cook until just wilted and fragrant, 2-3 minutes.
- Add char siu mixture and cook until reduced, 1-2 minutes.
- Return beef strips and any resting juices to the pan and toss to coat.
 Season to taste.



Get prepped & cook the beef

- While the rice is cooking, thinly slice capsicum. Thinly slice carrot into half-moons. Roughly chop Asian greens.
- In a small bowl, combine char siu paste, oyster sauce, the soy sauce, rice wine vinegar, sesame oil and a dash of water.
- Heat a large frying pan over a high heat with a drizzle of olive oil. When oil is hot, cook beef strips in batches until browned and cooked through,
 1-2 minutes. Transfer to a plate and cover to keep warm.

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



Serve up

- Divide brown rice and char siu beef and veggie stir-fry between bowls.
- · Garnish with reserved sesame seeds to serve.

Enjoy!