



Char Siu Beef & Veggie Stir-Fry

with Brown Rice & Sesame Seeds

Grab your Meal Kit with this symbol



Garlic



Brown Rice



Capsicum



Carrot



Asian Greens



Char Siu Paste



Oyster Sauce



Beef Strips



Mixed Sesame Seeds

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

It's been a Chinese restaurant staple for years and now it's time to master it in your own kitchen. For the perfect result, make sure your pan is searing hot before adding the beef. Don't be afraid to only cook the veggies for a few minutes either – you want them to keep a little bite.

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

Medium saucepan · Large frying pan

Ingredients

	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](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 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.

3



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.

2



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.

4



Serve up

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

Enjoy!