



Char Siu Beef & Veggie Stir-Fry

with Garlic Rice & Crispy Shallots

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Carrot



Green Beans



Asian Greens



Lemon



Char Siu Paste



Diced Beef



Crispy Shallots

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, Sesame Oil, Soy Sauce

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	3 cloves	6 cloves
butter*	20g	40g
jasmine rice	1 packet	1 packet
water*	1¼ cups	2½ cups
carrot	1	2
green beans	1 bag (100g)	1 bag (200g)
Asian greens	1 bag	1 bag
lemon	½	1
char siu paste	1 packet	2 packets
sesame oil*	1 tbs	2 tbs
soy sauce*	1 tbs	2 tbs
diced beef	1 packet	1 packet
crispy shallots	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3482kJ (832Cal)	647kJ (154Cal)
Protein (g)	37.4g	6.9g
Fat, total (g)	20.2g	3.8g
- saturated (g)	9.6g	1.8g
Carbohydrate (g)	122g	22.7g
- sugars (g)	45.8g	8.5g
Sodium (mg)	2616mg	486mg

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.

If you have any questions or concerns, please visit hellofresh.co.nz/contact

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1



Cook the garlic rice

- Finely chop **garlic**. In a medium saucepan, melt **butter** and a dash of **olive oil** over a medium heat. Cook 1/2 the **garlic** until fragrant, **1-2 minutes**.
- Add **jasmine rice**, the **water** and a generous pinch of **salt**, stir, then bring to the boil. 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!

3



Cook the veggies

- Wipe out frying pan and return to a medium-high heat with a drizzle of **olive oil**. Cook **carrot** and **green beans** until tender, **4-5 minutes**.
- Add **Asian greens**, **lemon zest** and remaining **garlic** and cook until just wilted and fragrant, **1-2 minutes**.
- Stir through **char siu sauce** and simmer until slightly thickened, **1-2 minutes**.
- Return **beef** to the pan and toss to coat.

TIP: Add a dash of water to help speed up the veggie cooking process.

2



Brown the beef

- While rice is cooking, thinly slice **carrot** into half-moons. Trim and halve **green beans**. Roughly chop **Asian greens**. Zest **lemon** to get a pinch, then cut into wedges.
- In a small bowl, combine **char siu paste**, **sesame oil** and **soy sauce**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. When oil is hot, cook **diced beef**, tossing once, until browned and cooked through, **5-6 minutes**. Transfer to a plate.

TIP: If your pan is getting crowded, cook the beef in batches to ensure it browns nicely and doesn't stew.

4



Serve up

- Divide garlic rice between bowls.
- Top with char siu beef and veggie stir-fry.
- Sprinkle over **crispy shallots** and serve with lemon wedges.

Enjoy!