



# Quick Char Siu Beef & Veggie Stir-Fry

with Jasmine Rice & Sesame Seeds

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Jasmine Rice



Sweetcorn



Carrot



Asian Greens



Char Siu Paste



Oyster Sauce



Mixed Sesame Seeds



Beef Strips



Chicken Breast

Prep in: 20-30 mins  
Ready in: 25-35 mins

Eat Me Early\*  
\*Custom Recipe only

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.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, 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 with a lid· Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
<b>water*</b>	1¼ cups	2½ cups
jasmine rice	1 packet	1 packet
sweetcorn	1 tin (125g)	1 tin (300g)
carrot	1	2
Asian greens	1 bunch	2 bunches
char siu paste	1 medium packet	1 large packet
oyster sauce	1 medium packet	1 large packet
<b>soy sauce*</b>	1 tbs	2 tbs
<b>rice wine vinegar*</b>	½ tbs	1 tbs
<b>sesame oil*</b>	1 tbs	2 tbs
beef strips	1 packet	1 packet
mixed sesame seeds	1 sachet	1 sachet
chicken breast**	1 packet	1 packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3288kJ (786Cal)	626kJ (150Cal)
Protein (g)	39.7g	7.6g
Fat, total (g)	24.4g	4.6g
- saturated (g)	5.7g	1.1g
Carbohydrate (g)	99.2g	18.9g
- sugars (g)	28.6g	5.4g
Sodium (mg)	2429mg	462mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3251kJ (777Cal)	580kJ (139Cal)
Protein (g)	43.4g	7.7g
Fat, total (g)	21.8g	3.9g
- saturated (g)	4.1g	0.7g
Carbohydrate (g)	99.2g	17.7g
- sugars (g)	28.6g	5.1g
Sodium (mg)	2478mg	442mg

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://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns

2023 | CW02



## Make the rice

- Add the **water** to a medium saucepan and bring to the boil.
- Add **jasmine rice**, stir, cover with a lid and reduce heat to low.
- Cook for **12 minutes**, then remove pan 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



## Bring it all together

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

**Custom Recipe:** Return chicken strips to the pan, tossing to coat in the sauce. Season with salt and pepper.



## Get prepped

- Meanwhile, drain **sweetcorn**. 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, the sesame oil** and a dash of **water**.
- In a large frying pan heat a drizzle of **olive oil** over high heat. 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.

**Custom Recipe:** If you've swapped to chicken, cut chicken breast into 2cm strips. Heat the pan over medium-high heat with a drizzle of olive oil. Cook chicken strips until browned and cooked through, 3-4 minutes each side. Transfer to a plate and cover to keep warm.



## Serve up

- Divide rice, char siu beef and sesame stir-fried veggies between bowls.
- Garnish with reserved sesame seeds to serve. Enjoy!

**Little cooks:** Add the finishing touch by sprinkling over the garnish!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)