



Honey-Soy Beef Strips

with Peanut Sauce & Jasmine Rice

Grab your Meal Kit with this symbol



Jasmine Rice



Garlic



Beef Strips



Broccoli



Carrot



Asian Greens



Lime



Long Green Chilli (Optional)



Coconut Milk



Peanut Butter



Crispy Shallots

- Hands-on: 25 mins
- Ready in: 30 mins
- Spicy (optional long green chilli)

Nutty, flavoursome and incredibly moreish, this stir-fry brings together quick-cooking beef strips with a colourful array of veggies. The creamy peanut sauce is the icing on top of this tasty family meal!

Pantry items

Olive Oil, Soy Sauce, Honey, Brown Sugar

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 · Small saucepan with a lid

Ingredients

	4 People
olive oil*	refer to method
water*	2½ cups
jasmine rice	2 packets
garlic	4 cloves
beef strips	1 packet
soy sauce* (for the beef)	¼ cup
honey*	2 tbs
broccoli	1 head
carrot	1
Asian greens	1 bunch
lime	1
long green chilli (optional)	1
coconut milk	1 tin (165ml)
peanut butter	2 packets (60g)
soy sauce* (for the sauce)	2 tsp
brown sugar*	2 tsp
crispy shallots	2 packets

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3060kJ (731Cal)	701kJ (167Cal)
Protein (g)	42.4g	9.7g
Fat, total (g)	25.2g	5.8g
- saturated (g)	11.0g	2.5g
Carbohydrate (g)	78.6g	18.0g
- sugars (g)	15.9g	3.7g
Sodium (g)	1550mg	354mg

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. Cook the rice

Add the **water** to a medium saucepan and bring to the boil. Add the **jasmine rice**, stir, cover with a lid and reduce the heat to low. Cook for **12 minutes**, then remove the pan from the heat and keep covered until the rice is tender and all the water is absorbed, **10-15 minutes**.

TIP: *The rice will finish cooking in its own steam so don't peek!*



4. Make the peanut sauce

While the veggies are cooking, heat a **drizzle** of **olive oil** in a small saucepan over a medium-high heat. Add the **remaining garlic** and cook until fragrant, **1 minute**. Add the **coconut milk**, **peanut butter**, **soy sauce (for the sauce)** and **brown sugar**. Bring to the boil and stir to combine. Reduce the heat to medium and simmer until slightly thickened, **3-4 minutes**. Set aside and cover to keep warm.



2. Get prepped

While the rice is cooking, finely chop the **garlic** (or use a garlic press). In a medium bowl, combine the **beef strips**, **soy sauce (for the beef)**, **honey** and **1/2 the garlic**. Toss to coat and set aside to marinate. Cut the **broccoli** into small florets, then roughly chop the stalk. Thinly slice the **carrot** (unpeeled) into half-moons. Roughly chop the **Asian greens**. Slice the **lime** into wedges. Thinly slice the **long green chilli** (if using).



5. Cook the beef

Return the frying pan to a high heat with a **drizzle** of **olive oil**. When the oil is hot, using tongs, pick up **1/3** of the **beef strips** and allow excess marinade to drip back into the bowl. Add to the **beef** to the pan and cook, tossing, until browned and cooked through, **1-2 minutes**. Transfer to a plate, wipe out the pan if needed and repeat with the **remaining beef strips**. Pour the excess marinade into the empty pan and cook until bubbling, **1 minute**.

TIP: *Cooking the meat in batches over a high heat keeps it tender.*



3. Cook the veggies

In a large frying pan, heat a **drizzle** of **olive oil** over a medium-high heat. Add the **broccoli**, **carrot** and a **splash** of **water** and cook until tender, **6-7 minutes**. Add the **Asian greens** and stir through until wilted, **2 minutes**. Season to taste with **salt** and **pepper**. Transfer to a large bowl and cover to keep warm.



6. Serve up

Divide the jasmine rice between bowls and top with the honey-soy beef strips (plus any excess marinade in the pan) and veggies. Spoon over the peanut sauce and sprinkle with the **crispy shallots**. Garnish with the chilli (if using). Squeeze over the lime juice to serve.

Enjoy!