



Oyster Sauce Beef Stir-Fry

with Sesame-Garlic Baby Broccoli, Rice & Peanuts

KID FRIENDLY



Grab your Meal Kit with this symbol



Jasmine Rice



Oyster Sauce



Ginger Paste



Celery



Baby Broccoli



Asian Stir-Fry Mix



Mixed Sesame Seeds



Garlic Paste



Beef Mince



Roasted Peanuts

Prep in: **15-25** mins
Ready in: **20-30** mins

It's a sauce that no one can resist, oyster sauce is glazing beef tonight for a superb finishing touch. There might even be a sneaky pop of ginger and baby broccoli in there!

Pantry items

Olive Oil, Soy Sauce, Brown Sugar, Rice Wine Vinegar

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
jasmine rice	1 packet	1 packet
oyster sauce	1 medium packet	1 large packet
soy sauce* (for the sauce)	1 tsp	2 tsp
brown sugar*	1½ tsp	3 tsp
ginger paste	1 medium packet	1 large packet
rice wine vinegar*	1 tsp	2 tsp
celery	1 stalk	2 stalks
baby broccoli	1 bag	1 bag
Asian stir-fry mix	1 bag (300g)	1 bag (600g)
mixed sesame seeds	1 sachet	1 sachet
soy sauce* (for the veg)	drizzle	drizzle
garlic paste	1 packet	2 packets
beef mince	1 packet	1 packet (or 2 packets)
roasted peanuts	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3340kJ (798Cal)	663kJ (158Cal)
Protein (g)	43.8g	8.7g
Fat, total (g)	29.9g	5.9g
- saturated (g)	10g	2g
Carbohydrate (g)	81.8g	16.2g
- sugars (g)	13.8g	2.7g
Sodium (mg)	1513mg	300mg

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.

1



Make the rapid rice

- Boil the kettle. Half-fill a medium saucepan with boiling water. Add **jasmine rice** and a pinch of **salt** and cook, uncovered, over high heat until tender, **12-14 minutes**.
- Drain, rinse with warm water and set aside.
- Meanwhile, in a small bowl, combine **oyster sauce**, **soy sauce (for the sauce)**, **brown sugar**, **ginger paste**, the **rice wine vinegar** and a splash of **water**.

Little cooks: Take charge by combining the ingredients for the oyster sauce mixture!

3



Cook the beef

- Return frying pan to high heat with a drizzle of **olive oil**.
- Cook **beef mince**, breaking up with a spoon, until just browned, **3-4 minutes**.
- Remove from heat and stir in **oyster sauce mixture** until combined.

2



Stir-fry the veggies

- Thinly slice **celery**. Halve any thicker stalks of **baby broccoli** lengthways.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Stir-fry **celery**, **baby broccoli** and **Asian stir-fry mix** until tender, **4-5 minutes**.
- Add **mixed sesame seeds**, the **soy sauce (for the veggies)** and **garlic paste** and cook, until fragrant, **1-2 minutes**.
- Transfer to a bowl and cover to keep warm.

4



Serve up

- Divide rice and sesame-garlic veggies between bowls.
- Top with beef and any remaining sauce from the pan.
- Sprinkle over **roasted peanuts** to serve. Enjoy!

Little cooks: Add the finishing touch by sprinkling over the peanuts!

We're here to help!

Scan here if you have any questions or concerns



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