


Southeast Asian Coconut Beef Stir-Fry

with Veggies & Rapid Rice

Grab your Meal Kit with this symbol 



Jasmine Rice



Vegetable Stock Powder



Garlic



Baby Broccoli



Carrot



Sweetcorn



Makrut Lime Leaves



Southeast Asian Spice Blend



Beef Strips



Ginger Paste



Coconut Milk

Recipe Update

Our suppliers have been affected by the recent adverse weather conditions and COVID-related labour shortages, which is impacting the availability of some ingredients. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

 Hands-on: 20-30 mins
Ready in: 30-40 mins

Make a simple beef stir-fry a little more special by cooking it in a mouth-watering coconut sauce. Complete with our Southeast Asian spice blend lending a big hit of flavour (and with minimal effort), you'll be pleasantly surprised by all that this colourful creation has to offer!

Pantry items

Olive Oil, Soy Sauce, 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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
jasmine rice	1 packet	1 packet
vegetable stock powder	1 medium sachet	1 large sachet
garlic	2 cloves	4 cloves
baby broccoli	1 bag	1 bag
carrot	1	2
sweetcorn	½ tin	1 tin
makrut lime leaves	2 leaves	4 leaves
Southeast Asian spice blend	1 sachet	1 sachet
beef strips	1 packet	1 packet
ginger paste	1 medium packet	1 large packet
coconut milk	1 box (200ml)	1 tin (400ml)
soy sauce*	1 tbs	2 tbs
brown sugar*	½ tbs	1 tbs

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3314kJ (792Cal)	556kJ (133Cal)
Protein (g)	42.4g	7.1g
Fat, total (g)	31.9g	5.3g
- saturated (g)	20.3g	3.4g
Carbohydrate (g)	81.4g	13.6g
- sugars (g)	13.6g	2.3g
Sodium (mg)	1130mg	189mg

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.



Cook the rapid rice

Boil the kettle. Half-fill a medium saucepan with **boiling water**. Add the **jasmine rice**, **vegetable stock powder** and a pinch of **salt** and cook, uncovered, over a high heat until tender, **12-14 minutes**. Drain the **rice**, rinse with warm water and set aside.



Cook the beef strips

Return the frying pan to a high heat with a drizzle of **olive oil**. When the oil is hot, cook the **beef strips** in batches, tossing, until browned and cooked through, **1-2 minutes**. Transfer to the bowl with the **veggies**.

TIP: *Cooking the beef in batches over a high heat helps it stay tender.*



Get prepped

While the rice is cooking, finely chop the **garlic**. Trim the **baby broccoli**. Thinly slice the **carrot** into half-moons. Drain the **sweetcorn** (see ingredients). Remove the centre veins from the **makrut lime leaves**, then very finely chop. In a medium bowl, combine the **Southeast Asian spice blend** with a drizzle of **olive oil**. Add the **beef strips** and toss to coat. Set aside.

TIP: *The leaves are fibrous so make sure to cut them very thin.*



Bring it all together

Return the frying pan to a medium-high heat, then add the **coconut milk**, the **soy sauce**, **makrut lime leaves** and the **brown sugar** and cook, stirring, until reduced slightly, **2-3 minutes**. Return the **beef** and **veggies** to the frying pan and toss until heated through and well combined, **1 minute**.



Cook the veggies

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Stir-fry the **baby broccoli**, **carrot** and **sweetcorn** until tender, **4-5 minutes**. Add the **ginger paste** and **garlic** and cook until fragrant, **1-2 minutes**. Season to taste, then transfer to a second medium bowl.

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



Serve up

Divide the rapid rice between bowls. Top with the Southeast Asian coconut beef stir-fry to serve.

Enjoy!