



Southeast Asian Salt & Pepper Beef

with Garlic Rice, Peanuts & Aioli

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Green Beans



Baby Spinach Leaves



Black Peppercorns



Southeast Asian Spice Blend



Beef Strips



Roasted Peanuts



Garlic Aioli

Keep an eye out...

Due to recent sourcing challenges, we've replaced broccoli with green beans, which may be a little 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

Watch out salt and pepper squid, because our beef version is going to steal even your biggest fans! With all the umami, but pan-fried instead of deep-fried, this is a quick and easy dinner that's going to blow your mind.

Pantry items

Olive Oil, Butter, Soy Sauce, Honey, Plain Flour

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	2 cloves	4 cloves
butter*	20g	40g
water*	1¼ cups	2½ cups
jasmine rice	1 packet	1 packet
green beans	1 bag (100g)	1 bag (200g)
soy sauce*	1 tbs	2 tbs
honey*	1 tbs	2 tbs
baby spinach leaves	1 bag (60g)	1 bag (120g)
black peppercorns	½ sachet	1 sachet
salt*	¼ tsp	½ tsp
Southeast Asian spice blend	1 sachet	1 sachet
plain flour*	1 tbs	2 tbs
beef strips	1 packet	1 packet
roasted peanuts	1 packet	2 packets
garlic aioli	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3679kJ (879Cal)	836kJ (200Cal)
Protein (g)	48.4g	11g
Fat, total (g)	37.8g	8.6g
- saturated (g)	9.3g	2.1g
Carbohydrate (g)	82.6g	18.8g
- sugars (g)	13.6g	3.1g
Sodium (mg)	1219mg	277mg

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 garlic rice

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



Coat the beef

Crush the **black peppercorns** (see ingredients) with a pestle and mortar or in their sachet using a rolling pin. In a medium bowl, combine the **salt**, crushed **peppercorns**, **Southeast Asian spice blend** and **plain flour**. Add the **beef strips** and toss to coat.



Get prepped

While the rice is cooking, trim the **green beans** and cut into thirds. In a small bowl, combine the **soy sauce** and **honey**.



Cook the veggies

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **green beans**, tossing, until softened, **5-6 minutes**. Add the **baby spinach leaves** and cook until wilted, **1-2 minutes**. Add the **honey-soy mixture** and cook until bubbling, **1-2 minutes**. Transfer to a bowl and cover to keep warm.



Cook the beef

Wash and dry the frying pan, then return to a high heat with a drizzle of **olive oil**. When the oil is hot, pick up the **beef** using tongs and shake off any excess flour back into the bowl. Cook the **beef**, in batches, tossing, until browned and cooked through, **1-2 minutes**.

TIP: Cooking the meat in batches over a high heat helps it stay tender. Add a drizzle more oil between batches if needed!



Serve up

Divide the garlic rice between bowls. Top with the honey-soy veggies and salt and pepper beef. Garnish with the **roasted peanuts**. Serve with the **garlic aioli**.

Enjoy!