



Sticky Asian Beef & Garlic Rice

with Veggies, Roasted Cashews & Fried Egg

NEW

TAKEAWAY FAVES

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Capsicum



Onion



Asian Greens



Sweet Soy Seasoning



Ginger Paste



Sweet Chilli Sauce



Sriracha



Crushed Roasted Cashews



Beef Mince

Keep an eye out...

Due to recent sourcing challenges, we've replaced green beans with Asian greens, which may be a little different to what's pictured. Don't worry, your recipe will be just as delicious!

Pantry items

Olive Oil, Butter, Sesame Oil, Eggs

Prep in: 25-35mins
Ready in: 30-40 mins

Are you ready, because when these flavours collide in a sticky sauce of sriracha and sweet soy seasoning, demand for seconds will increase ten-fold. We're cooking beef mince in a mouth-watering sauce to blend perfectly with a garlic rice and veggies. Break into the fried egg to really bring this dish into the number one spot in your dinner repertoire.

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	3 cloves	6 cloves
butter*	20g	40g
basmati rice	1 packet	1 packet
water*	1½ cups	3 cups
capsicum	1	2
onion	1 (medium)	1 (large)
Asian greens	1 bunch	2 bunches
beef mince	1 packet	1 packet (or 2 packets)
sweet soy seasoning	1 sachet	2 sachets
ginger paste	1 medium packet	1 large packet
sweet chilli sauce	1 packet (25g)	1 packet (50g)
sriracha	1 packet (20g)	1 packet (40g)
sesame oil*	1 tsp	2 tsp
eggs*	2	4
crushed roasted cashews	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4082kJ (976Cal)	799kJ (191Cal)
Protein (g)	47.2g	9.2g
Fat, total (g)	46g	9g
- saturated (g)	17.4g	3.4g
Carbohydrate (g)	88.4g	17.3g
- sugars (g)	18.6g	3.6g
Sodium (mg)	1091mg	214mg

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://www.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



1



Make the garlic rice

- Finely chop **garlic**.
- In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat. Cook 1/2 the **garlic** until fragrant, **1-2 minutes**.
- Add **basmati rice**, **water** and a generous pinch of **salt**, stir, then bring to the boil.
- Reduce heat to low and cover with a lid. Cook for **10 minutes**, then remove from heat and keep covered until rice is tender and the water is absorbed, **10 minutes**.

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

4



Cook the beef

- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **beef mince** and **onion**, breaking up with a spoon, until just browned, **4-5 minutes**.
- Add remaining **garlic** and cook until fragrant, **1-2 minutes**.
- Add **sweet soy seasoning** and **ginger paste** and cook, stirring, until fragrant, **1 minute**.
- Reduce heat to medium, add **sweet chilli sauce**, **sriracha**, the **sesame oil** and a splash of **water** and toss until well combined, **1 minute**.
- Transfer to a bowl and cover to keep warm.

2



Get prepped

- Meanwhile, thinly slice **capsicum**. Roughly chop **onion** and **Asian greens**.

5



Fry the eggs

- Wipe out the frying pan, then return to medium-high heat with a drizzle of **olive oil**.
- When oil is hot, crack the **eggs** into the pan. Cook until egg whites are firm and yolks are cooked to your liking, **4-5 minutes**.

3



Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **capsicum** until tender, **4-5 minutes**.
- Add **Asian greens** and cook until wilted, **1-2 minutes**. Season to taste.
- Transfer to a bowl and cover to keep warm.

6



Serve up

- Divide garlic rice between bowls.
- Top with veggies and sticky Asian beef.
- Top with a fried egg. Garnish with **crushed roasted cashews**. Enjoy!

Rate your recipe

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