



# Sticky Miso Beef Stir-Fry

with Garlic Rice & Veggies

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Beef Strips



Capsicum



Carrot



Ginger



Lemon



Miso Paste



Coriander

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

Earthy miso, aromatic ginger and zesty lemon. This stir-fry brings together quick-cooking beef strips with a colourful array of veggies and a genius combination of Asian flavours. What's not to love?

### Pantry items

Olive Oil, Butter, 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 with a lid · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	4 cloves	8 cloves
butter*	20g	40g
basmati rice	1 packet	1 packet
water* (for the rice)	1½ cups	3 cups
salt*	¼ tsp	½ tsp
beef strips	1 packet	1 packet
soy sauce*	2 tsp	4 tsp
capsicum	1	2
carrot	1	2
ginger	1 knob	2 knobs
lemon	½	1
miso paste (40g)	1 packet	2 packets (80g)
brown sugar*	4 tsp	2½ tbs
water* (for the sauce)	¼ cup	½ cup
coriander	1 bunch	1 bunch

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	2590kJ (618Cal)	624kJ (149Cal)
Protein (g)	35.9g	8.7g
Fat, total (g)	15.4g	3.7g
- saturated (g)	8.2g	2.0g
Carbohydrate (g)	79.3g	19.1g
- sugars (g)	16.6g	4.0g
Sodium (mg)	2040mg	493mg

## 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.



### Cook the garlic rice

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

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



### Flavour the beef

While the rice is cooking, combine the **beef strips** and **soy sauce** in a medium bowl. Set aside.



### Prep the veggies

Cut the **capsicum** into 2cm chunks. Thinly slice the **carrot** (unpeeled) into half-moons. Finely grate the **ginger**. Zest the **lemon** to get a pinch, then slice into wedges. In a small bowl, combine the **miso paste**, **brown sugar**, **water (for the sauce)**, **lemon zest** and a generous squeeze of **lemon juice**. Set aside.



### Cook the beef

In a large frying pan, heat a drizzle of **olive oil** over a high heat. Cook the **beef strips**, in batches, until browned, **1-2 minutes**. Transfer to a plate.



### Cook the veggies

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Add the **capsicum** and **carrot** and cook until just tender, **4-5 minutes**. Add the **garlic**, **ginger** and a drizzle of **olive oil** and cook until fragrant, **1 minute**. Return the **beef strips** to the pan, then add the **miso mixture**. Cook, tossing, until heated through and well combined, **1 minute**. Remove from the heat. Roughly chop the **coriander**.



### Serve up

Divide the garlic rice between bowls. Top with the miso beef stir-fry and garnish with the coriander. Serve with any remaining lemon wedges.

### Enjoy!