



# Sweet Chilli Beef & Garlic-Ginger Rice Bowl

with Sesame Veggies

Grab your Meal Kit with this symbol



Garlic



Ginger



Jasmine Rice



Carrot



Red Onion



Asian Greens



Lime



Sweet Chilli Sauce



Beef Rump



Mixed Sesame Seeds

Hands-on: **25-35 mins**  
Ready in: **30-40 mins**

This winning combination of sweet chilli beef and extra-garlicky rice infused with ginger is destined to become a firm favourite. To top things off, we've added colourful veggies for even more goodness and texture!

### Pantry items

Olive Oil, Butter, Soy Sauce

## 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
ginger	1 knob	2 knobs
butter*	20g	40g
jasmine rice	1 packet	2 packets
water* (for the rice)	1¼ cups	2½ cups
salt*	¼ tsp	½ tsp
carrot	1	2
red onion	½	1
Asian greens	1 bunch	2 bunches
lime	½	1
sweet chilli sauce	1 packet (50g)	1 packet (100g)
soy sauce*	1 tbs	2 tbs
water* (for the sauce)	1 tbs	2 tbs
beef rump	1 packet	1 packet
mixed sesame seeds	1 sachet	2 sachets

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	2840kJ (678Cal)	618kJ (148Cal)
Protein (g)	42.0g	9.1g
Fat, total (g)	19.6g	4.3g
- saturated (g)	9.1g	2.0g
Carbohydrate (g)	80.3g	17.5g
- sugars (g)	17.3g	3.8g
Sodium (g)	1100mg	239mg

### Allergens

Please visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes) for allergen information. If you have received a substitute ingredient, please be aware allergens may have changed. Always read product labels for the most up-to-date allergen information.



## 1. Cook the garlic-ginger rice

Finely chop the **garlic** (or use a garlic press). Finely grate the **ginger**. In a medium saucepan, melt the **butter** with a **dash** of **olive oil** over a medium heat. Add the **garlic** and **1/2** the **ginger** and cook until fragrant, **1-2 minutes**. Add the **jasmine rice**, **water (for the rice)** and the **salt**, stir, and bring to the boil. Reduce the heat to low and cover with a lid. Cook for **12 minutes**, then remove from the heat and keep covered until the rice is tender and the water is absorbed, **10-15 minutes**.

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



## 4. Cook the beef

Season both sides of the **beef rump** with **salt** and **pepper**. In a large frying pan, heat a **drizzle** of **olive oil** over a high heat. When the oil is hot, add the **beef** and cook for **3-4 minutes** each side (depending on thickness), or until cooked to your liking. Transfer to a plate to rest.

**TIP:** This will give you a medium steak. Cook for a little less if you like it rare, or a little longer for well done.



## 2. Get prepped

While the rice is cooking, cut the **carrot** (unpeeled) into half-moons. Thinly slice the **red onion** (see **ingredients list**). Roughly chop the **Asian greens**. Zest the **lime** (see **ingredients list**) to get a **pinch**, then slice into wedges.



## 5. Cook the veggies

Wash the frying pan and return to a medium-high heat with a **drizzle** of **olive oil**. Add the **carrot** and **onion** and cook until tender, **4-5 minutes**. Add the **Asian greens**, **lime zest**, **mixed sesame seeds** and **remaining ginger** and cook until the veggies are tender, **1-2 minutes**. Season with a **pinch** of **salt** and **pepper**. Add the **beef**, any **resting juices** and the **sweet chilli sauce mixture** to the pan. Cook until heated through, **1 minute**. Turn the **beef** to coat in the sauce. Remove from the heat and add a **generous squeeze** of **lime juice**.



## 3. Make the sauce

In a small bowl, combine the **sweet chilli sauce**, **soy sauce** and **water (for the sauce)**. Set aside.



## 6. Serve up

Thickly slice the beef. Divide the garlic-ginger rice and sesame veggies between bowls and top with the sweet chilli beef. Spoon over any sauce remaining in the pan. Serve with the remaining lime wedges.

**Enjoy!**