



# Sweet & Sticky Asian Beef

with Coconut Rice & Garlic Veggie Stir-Fry

Grab your Meal Kit with this symbol



Coconut Milk



Basmati Rice



Garlic



Ginger Paste



Oyster Sauce



Asian Stir-Fry Mix



Beef Strips



Chicken Breast Strips

Prep in: 30-40 mins  
Ready in: 35-45 mins



Eat Me Early\*  
\*Custom Recipe only

There's something seriously addictive about succulent beef strips coated in this sweet and sticky sauce, which has a touch of zing from the addition of ginger. Just add fragrant coconut rice and tender veg for a meal that's sure to be a new favourite.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Brown Sugar



## Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Medium saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
coconut milk	1 medium packet	2 medium packets
<b>water*</b> (for the rice)	¾ cup	1¼ cups
basmati rice	1 packet	1 packet
garlic	1 clove	2 cloves
ginger paste	1 medium packet	1 large packet
<b>brown sugar*</b>	1 tbs	2 tbs
oyster sauce	1 medium packet	1 large packet
<b>water*</b> (for the sauce)	½ tbs	1 tbs
Asian stir-fry mix	1 bag (300g)	1 bag (600g)
beef strips	1 packet	1 packet (or 2 packets)
chicken breast strips**	1 packet	1 packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2645kJ (632Cal)	537kJ (128Cal)
Protein (g)	37.4g	7.6g
Fat, total (g)	29.1g	5.9g
- saturated (g)	19g	3.9g
Carbohydrate (g)	79.8g	16.2g
- sugars (g)	17.5g	3.6g
Sodium (mg)	968mg	197mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2595kJ (620Cal)	492kJ (118Cal)
Protein (g)	41.2g	7.8g
Fat, total (g)	26.1g	4.9g
- saturated (g)	17.3g	3.3g
Carbohydrate (g)	79.8g	15.1g
- sugars (g)	17.5g	3.3g
Sodium (mg)	1000mg	190mg

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://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



## Cook the coconut rice

- In a medium saucepan, add the **coconut milk**, **water (for the rice)** and a generous pinch of **salt**, then bring to the boil.
- Add the **basmati rice**, stir, cover with a lid and reduce the heat to low.
- Cook for **15 minutes**, then remove the pan from heat. Keep covered until rice is tender and water is absorbed, **10 minutes**.

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



## Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **Asian stir-fry mix**, tossing, until tender, **5-6 minutes**.
- Add the remaining **garlic** and cook until fragrant, **1-2 minutes**.
- Season with **salt** and **pepper**. Toss to coat, then transfer to a plate and cover to keep warm.



## Get prepped

- Meanwhile, finely chop **garlic**.



## Cook the beef

- Return the frying pan to high heat with a drizzle of **olive oil**. When oil is hot, cook **beef strips** in batches, tossing, until browned and cooked through, **1-2 minutes**.
- Return all **beef** to the pan. Add the **ginger sauce mixture** to the pan and cook until bubbling and reduced, **1-2 minutes**.

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

**Custom Recipe:** If you've swapped beef strips to chicken strips, heat the pan over medium-high heat with a drizzle of olive oil. Cook chicken strips until browned and cooked through, 3-4 minutes each side. Continue with step.



## Make the ginger sauce

- In a medium bowl, combine **ginger paste**, the **brown sugar**, **oyster sauce**, **water (for the sauce)** and 1/2 the **garlic**.



## Serve up

- Divide coconut rice between bowls. Top with sweet and sticky Asian beef and garlic veggie stir-fry.
- Spoon over any extra sauce from the pan to serve. Enjoy!

## Rate your recipe

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