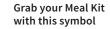
Sweet & Sticky Asian Beef with Coconut Rice & Garlic Veggie Stir-Fry

















Ginger Paste



Oyster Sauce





Beef Strips



Asian Stir-Fry

Calorie Smart

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.

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
olive oil*	refer to method	refer to method
coconut milk	1 medium packet	2 medium packets
water* (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
brown sugar*	1 tbs	2 tbs
oyster sauce	1 medium packet	1 large packet
water* (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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.





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!



Get prepped

• Meanwhile, finely chop garlic.



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.



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,
- Season with salt and pepper. Toss to coat, then transfer to a plate and cover to keep warm.



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 mediumhigh heat with a drizzle of olive oil. Cook chicken strips until browned and cooked through, 3-4 minutes each side. Continue with step.



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!

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