

TERIYAKI BEEF & BROCCOLI STIR-FRY

with Garlic Rice





Add the Japanese flavour of teriyaki to a stir-fry



Garlic



Basmati



Ginger





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Sugar Snap Peas



Proceeli

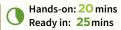


Spring Onion



Teriyaki Sauce

Pantry Staples: Olive Oil, Butter, Honey, Soy Sauce



Make a simple stir-fry a little more special by serving with mouth-watering garlic rice! Plus, using our delicious teriyaki sauce means you get a big helping of flavour with minimal effort. Enjoy your tasty and colourful creation!

BEFORE YOU -

Our fruit and veggies need a little wash first! Along with basic cooking tools, you will use:

• medium saucepan with a lid • large frying pan



COOK THE GARLIC RICE

Finely chop the **garlic** (or use a garlic press). In a medium saucepan, melt the **butter** with a **dash** of **olive oil** over a medium heat. Add the garlic and cook until fragrant, 1-2 minutes. Add the basmati rice, water and the **salt** and 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, finely grate the ginger. In a medium bowl, combine the ginger, honey and soy sauce. Thinly slice the beef **rump**. Add the beef to the ginger mixture and toss to coat. Set aside.



PREP THE VEGGIES

Thinly slice the carrot (unpeeled) into half-moons. Trim and halve the sugar snap peas. Cut the broccoli into small florets and chop the stalk into small pieces. Thinly slice the spring onion.



COOK THE VEGGIES

Tha large frying pan, heat a drizzle of olive oil over a medium-high heat. When the oil is hot, add the carrot and broccoli and cook, stirring, until tender, 4-5 minutes. Add the **sugar snap peas** and cook, stirring, until just tender, **1-2 minutes**. * TIP: Add a splash of water to the pan to help the veggies cook faster! Transfer to a medium bowl.



COOK THE BEEF

Return the frying pan to a high heat with a drizzle of olive oil. When the oil is hot, add 1/3 of the beef and cook, tossing, until browned and cooked through, **1-2 minutes**. Add to the bowl with the veggies and repeat with the remaining beef. * TIP: Cooking the meat in batches over a high heat keeps it tender. Return the veggies and beef to the pan, add the teriyaki sauce and cook, stirring, until warmed through, 1 minute.



SERVE UP

Divide the garlic rice between bowls and top with the teriyaki beef. Sprinkle the adults' portions with the spring onion.

ENJOY!

INGREDIENTS

| | 4-5P |
|-----------------|---------------------|
| olive oil* | refer to method |
| garlic | 2 cloves |
| butter* | 40g |
| basmatirice | 2 packets |
| water* | 3 cups |
| salt* | ½ tsp |
| ginger | 1 knob |
| honey* | 2 tbs |
| soy sauce* | 2½ tbs |
| beef rump | 1 packet |
| carrot | 1 |
| sugar snap peas | 1 bag (200g) |
| broccoli | 1 head |
| spring onion | 1 bunch |
| teriyaki sauce | 2 sachets (260g) |

*Pantry Items

| NUTRITION | PER SERVING | PER 100G |
|------------------|-----------------|----------------|
| Energy (kJ) | 2570kJ (613Cal) | 596kJ (142Cal) |
| Protein (g) | 38.6g | 9.0g |
| Fat, total (g) | 8.7g | 2.0g |
| - saturated (g) | 2.9g | 0.7g |
| Carbohydrate (g) | 88.5g | 20.6g |
| - sugars (g) | 25.4g | 5.9g |
| Sodium (g) | 1630mg | 380mg |

For allergens and ingredient information, visit HelloFresh.co.nz/recipes

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589 Hello@HelloFresh.co.nz

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