



THAI BEEF & BROCCOLI STIR-FRY

with Basil & Cashews



Add basil
to a stir fry



Jasmine Rice



Red Onion



Carrot



Garlic



Broccoli



Basil



Sweet Chilli
Sauce



Beef Strips



Roasted Cashews



Hands-on: 20 mins

Ready in: 25 mins

This fast Thai-style meal gets its flavour from aromatic basil and a sweet and savoury mix of sweet chilli, soy and vinegar. With hearty cashews and fluffy jasmine rice, this is a delicious combination just waiting for you to dive in!

Each week, we search the country to source the best produce, with a focus on seasonality, quality, and variety. This week's snow peas were not up to our quality standards so we've replaced them with broccoli. Don't worry, the recipe will be just as delicious!

Pantry Staples: Olive Oil, Soy Sauce, Rice Wine Vinegar (or White Wine Vinegar)

BEFORE YOU START

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**



1 COOK THE RICE

In a medium saucepan, bring the **water** to the boil. Add the **jasmine rice**, stir, cover with a lid and reduce the heat to low. Cook for **12 minutes**, then remove the pan from the heat and keep covered for another **10-15 minutes**, or until the rice is tender and all the water is absorbed. **TIP:** *The rice will finish cooking in its own steam so don't peek!*



2 PREP THE VEG

While the rice is cooking, thinly slice the **red onion**. Thinly slice the **carrot** (unpeeled) into half-moons. Finely chop the **garlic** (or use a garlic press). Cut the **broccoli** into small florets and roughly chop the stalk. Pick the **basil** leaves and thinly slice. In a small bowl, combine the **sweet chilli sauce**, **soy sauce** and **rice wine vinegar**.



3 BROWN THE BEEF

When the rice has **10 minutes** cook time remaining, heat a **drizzle of olive oil** in a large frying pan over a high heat. When the oil is hot, add **1/2** the **beef strips** and season with **salt** and **pepper**. Cook for **1-2 minutes**, or until browned and cooked through. Transfer to a plate. Repeat with remaining beef strips. **TIP:** *Cooking the meat in batches over a high heat allows it to brown and develop flavour and keeps it tender.*



4 COOK THE VEG

Return the frying pan to a medium-high heat with a **drizzle of olive oil**. Add the **broccoli** and a **splash of water** and cook for **5-6 minutes** or until tender. Add the **red onion** and **carrot** and cook for **3-4 minutes** or until softened. Add the **garlic** and cook, stirring, for **1 minute**, or until fragrant.



5 ADD THE SAUCE

Add the **roasted cashews** and **sweet chilli mixture** to the pan. Cook, stirring regularly, for **1-2 minutes** or until combined. Return the **beef strips** and any **resting juices** to the pan. Toss through to coat, then remove from the heat.



6 SERVE UP

Divide the jasmine rice between bowls, top with the Thai beef stir-fry and garnish with the basil.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
water*	1¼ cups	2½ cups
jasmine rice	1 packet	2 packets
red onion	1	2
carrot	1	2
garlic	1 clove	2 cloves
broccoli	1 head	2 heads
basil	1 bunch	1 bunch
sweet chilli sauce	1 tub (100 g)	2 tubs (200 g)
soy sauce*	2½ tbs	½ cup
rice wine vinegar* (or white wine vinegar)	2 tsp	4 tsp
beef strips	1 packet	1 packet
roasted cashews	1 packet	2 packets

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3060kJ (730Cal)	570kJ (136Cal)
Protein (g)	45.7g	8.5g
Fat, total (g)	14.3g	2.7g
- saturated (g)	4.3g	0.8g
Carbohydrate (g)	100g	18.7g
- sugars (g)	34.2g	6.4g
Sodium (g)	1510mg	282mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589
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