



# Thai Seven-Spice Beef Bowl

with Garlic Rice & Stir-Fry Veggies

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Lemon



Red Onion



Green Beans



Carrot



Courgette



Ginger



Oyster Sauce



Beef Mince



Thai Seven Spice Blend

Hands-on: **20-30 mins**  
Ready in: **25-35 mins**

This fast Thai-style meal gets its flavour from aromatic garlic and a sweet and savoury mix of oyster sauce, soy and brown sugar. With zesty lemon and fluffy garlic rice, this is a delicious combination just waiting for you to dive in!

### Pantry items

Olive Oil, Butter, Soy Sauce, Brown Sugar



## 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	3 cloves	6 cloves
butter*	20g	40g
basmati rice	1 packet	1 packet
water* (for the rice)	1½ cups	3 cups
salt*	¼ tsp	½ tsp
lemon	½	1
red onion	1 (medium)	1 (large)
green beans	1 bag (100g)	1 bag (200g)
carrot	1	2
courgette	1	2
ginger	1 knob	2 knobs
oyster sauce	1 sachet (45g)	1 sachet (100g)
soy sauce*	1 tbs	2 tbs
brown sugar*	½ tbs	1 tbs
water* (for the sauce)	½ cup	¾ cup
beef mince	1 packet	1 packet
Thai seven spice blend	1 sachet	1 sachet

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	3407kJ (814Cal)	572kJ (136Cal)
Protein (g)	40.6g	6.8g
Fat, total (g)	28.3g	4.8g
- saturated (g)	16.2g	2.7g
Carbohydrate (g)	86.6g	14.5g
- sugars (g)	16.8g	2.8g
Sodium (mg)	1985mg	333mg

## 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.



## Cook the garlic rice

Finely chop the **garlic**. In a medium saucepan, melt the **butter** with a dash of **olive oil** over a medium heat. Cook 1/2 the **garlic** until fragrant, **1-2 minutes**. Add the **basmati 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 **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!



## Make the sauce

While the veggies are cooking, combine the **oyster sauce**, **soy sauce**, **brown sugar**, **water (for the sauce)**, the **lemon zest** and a squeeze of **lemon juice** in a small bowl.



## Get prepped

While the rice is cooking, zest the **lemon** to get a pinch, then slice into wedges. Thinly slice the **red onion**. Trim the **green beans** and cut in half. Thinly slice the **carrot** and **courgette** into batons. Finely grate the **ginger**.



## Cook the beef

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **beef mince**, breaking it up with a spoon, until browned, **3-4 minutes**. Add the **Thai seven spice blend**, **ginger** and remaining **garlic** and cook until fragrant, **1 minute**. Add the **oyster sauce mixture** and cook until slightly thickened, **1 minute**. Remove from the heat, then return the **veggies** to the pan and toss until combined.



## Cook the veggies

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **onion**, **green beans**, **carrot** and **courgette** until softened, **6-7 minutes**. Transfer to a bowl and set aside.



## Serve up

Divide the garlic rice between bowls and top with the Thai seven-spice beef and stir-fry veggies. Serve with any remaining lemon wedges.

Enjoy!