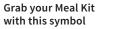


Easy Thai-Style Beef & Oyster Sauce Stir-Fry with Ginger Rice & Mint

with this symbol

















Sweet Chilli

Sauce

Oyster Sauce





Lemon Pepper Spice Blend

Beef Strips





Asian Stir-Fry



Mint

Pantry items

Olive Oil, Butter, Vinegar (White Wine or Rice Wine)

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
butter*	20g	40g
ginger paste	1 medium packet	1 large packet
water*	1¼ cups	2½ cups
jasmine rice	1 packet	1 packet
oyster sauce	1 medium packet	1 large packet
sweet chilli sauce	1 medium packet	1 large packet
vinegar* (white wine or rice wine)	½ tbs	1 tbs
beef strips	1 packet	1 packet (or 2 packets)
lemon pepper spice blend	1 sachet	2 sachets
cornflour	½ packet	1 packet
Asian stir-fry mix	1 bag (300g)	1 bag (600g)
mint	1 bag	1 bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3051kJ (729Cal)	695kJ (166Cal)
Protein (g)	37.3g	8.5g
Fat, total (g)	23.3g	5.3g
- saturated (g)	10.4g	2.4g
Carbohydrate (g)	90.5g	20.6g
- sugars (g)	19.4g	4.4g
Sodium (mg)	1485mg	338mg

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 ginger rice

- In a medium saucepan, heat the butter with a dash of olive oil over medium heat.
- Cook ginger paste until fragrant, 1-2 minutes. Add the water and a generous pinch of salt and bring to the boil.
- Add **jasmine rice**, stir, cover with a lid and reduce heat to low.
- Cook for 12 minutes, then remove from heat and keep covered until rice is tender and water is absorbed, 10-15 minutes.

TIP: Cover the pan with a lid if the ginger paste starts to spatter!
TIP: The rice will finish cooking in its own steam so don't peek!



Cook the veggies & beef

- In a large frying pan, heat a drizzle of olive oil over high heat. Cook Asian stir-fry mix until tender, 4-5 minutes. Transfer to a plate.
- Return the pan to high heat with a drizzle of olive oil.
- When oil is hot, shake off excess cornflour and cook beef in batches, tossing, until browned and cooked through, 1-2 minutes.
- Add the oyster sauce mixture and return the cooked veggies to the pan, toss to combine, 1 minute.

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



Get prepped

- Meanwhile, combine oyster sauce, sweet chilli sauce, the vinegar and a splash of water in a small bowl.
- Pat beef strips dry with paper towel. In a medium bowl, combine beef strips, lemon pepper spice blend, cornflour (see ingredients) and a generous pinch of salt.



Serve up

- Divide ginger rice between bowls. Top with Thai-style beef and oyster sauce stir-fry.
- Tear over mint leaves to serve. Enjoy!



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