



APR
2016

Beef Sizzle Stir Fry

with Bok Choy, Bell Pepper, and Jasmine Rice

Stir-frying is one of the best techniques for getting dinner on the table in under 30 minutes. A sweet and savory marinade of ginger, garlic, brown sugar, and soy sauce is the secret ingredient. If you have the time, you can marinate the beef overnight for even more flavor.



Beef Steaks Tips



Jasmine Rice



Soy Sauce



Brown Sugar



Ginger



Garlic



Red Bell Peppers



Red Onions



Bok Choy

Ingredients

Beef Steak Tips	16 oz
Jasmine Rice	1 Cup
Soy Sauce	4 T
Brown Sugar	1 T
Ginger	2 Thumbs
Garlic	4 cloves
Red Onions	2
Red Bell Peppers	2
Bok Choy	16 oz
Oil*	1 T

4 People

*Not Included

Allergens

- 1) Soy
- 2) Wheat

Tools

Small pot, Peeler, Bowl, Large pan

Ruler

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Nutrition per person Calories: 459 cal | Fat: 12g | Sat. Fat: 4g | Protein: 32g | Carbs: 54g | Sugar: 10g | Sodium: 724mg | Fiber: 4g



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1 Cook the rice: Wash and dry all produce. Bring 2 cups salted water to a boil in a small pot. Once boiling, add the rice, cover, and reduce to a low simmer for 15-20 minutes, until tender. Keep covered until the rest of the meal is ready.



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2 Prep the ingredients: Meanwhile, halve, peel, and thinly slice the red onions. Core, seed, and thinly slice the bell peppers. Trim and quarter the bok choy, then separate the leaves. Mince or grate the garlic. Peel and mince the ginger.



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3 Marinate the beef: In a bowl, combine the ginger, garlic, soy sauce, brown sugar, and a drizzle of oil. Add the beef tips and toss to coat. Season with salt and pepper.



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4 Cook the beef: Heat a drizzle of oil in a large pan over medium-high heat. Add the beef mixture to the pan and cook, tossing for 2-3 minutes, or until cooked to desired doneness. Remove from the pan and set aside.

5 Cook the veggies: Heat another drizzle of oil in the same pan over medium-high heat. Add the bell peppers and onions and cook, tossing for 3-4 minutes, until just tender. Add the bok choy to the pan and cook, tossing for 2-3 minutes, until tender. **TIP:** Add a splash of water to the pan if the bok choy needs help softening. Season generously with salt and pepper. Return the beef to the pan and toss to heat through.

6 Enjoy: Serve the beef sizzle stir-fry on a bed of jasmine rice and dig in!

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