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## Sizzling Beef Stir Fry with Capsicum & Asian Greens

It's time to put the grim memories of greasy takeaway staining the front of your shirt behind you, and welcome this sizzling beef stir fry into your life! This dish is a healthier option but tastes just as authentic, studded with the gorgeous reds and greens of capsicum and Asian veggies.



**Prep:** 15 mins

**Cook:** 15 mins

**Total:** 30 mins



level 1



spicy



helping hands

### Pantry Items



Water



Soy Sauce



Sesame Oil



Brown Sugar



Vegetable Oil



Jasmine Rice



Garlic



Beef Strips



Spring Onions



Carrot



Red Capsicum



Asian Greens



Birdseye Chilli

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QTY	Ingredients	
1 ½ cups	Jasmine rice, rinsed well	
6 cups	water *	
¼ cup	salt-reduced soy sauce *	
2 tsp	sesame oil *	
2 tsp	brown sugar *	
2 cloves	garlic, peeled & crushed	⊕
600 g	beef strips	
2 tbs	vegetable oil *	
1 bunch	spring onions, finely sliced	
2	carrots, peeled & chopped into batons	
1	red capsicum, cut into strips	
1 bunch	baby bok choy, stem & leaves chopped	🌿
1	birdseye chilli, sliced (optional)	

⊕ Ingredients features in another recipe

\* Pantry Items

🌿 Pre-preparation

#### Nutrition per serve

Energy	2500	Kj
Protein	41.1	g
Fat, total	16.7	g
-saturated	4.3	g
Carbohydrate	68	g
-sugars	8.6	g
Sodium	793	mg



**You will need:** *chef's knife, chopping board, garlic crusher, vegetable peeler, medium bowl, sieve, plate, large wok or frying pan, and a medium pot.*

**1** Place the **Jasmine rice** and **water** in a medium pot and bring to the boil over a high heat. Cover with a lid and reduce the heat to medium-low. Simmer, covered, for **10-12 minutes** or until the rice is soft and the water has been absorbed.

**2** Meanwhile, combine the **salt-reduced soy sauce**, **sesame oil**, **brown sugar** and **garlic** in a medium bowl. Add the **beef strips** and toss to coat well. Season with **black pepper**.

**3** Heat half of the **vegetable oil** in a large wok or frying pan over a high heat. Add half of the beef mixture and stir fry for **1-2 minutes** or until brown. Transfer to a plate and repeat with the remaining beef mixture.

**4** Heat the remaining oil in the same wok over a medium-high heat. Add the **spring onion**, **carrot** and **capsicum** and stir fry for **2-3 minutes**, or until just tender. Add the **baby bok choy** and cook for **1-2 minutes** or until wilted. Return the beef to the wok and stir until heated through. Remove from the heat.

**5** To serve, divide the rice and sizzling beef stir fry between plates. Top with a pinch of **fresh birdseye chilli**, if you like. Enjoy!



**Did you know?** The delicious Asian green 'bok choy' has been cultivated for over 5000 years - talk about a blast from the past!