



# Asian Beef & Veggie Stir-Fry

with Garlic Rice & Spring Onions

Grab your Meal Kit  
with this symbol



Garlic



Basmati Rice



Capsicum



Carrot



Asian Greens



Spring Onion



Ginger



Mixed Sesame  
Seeds



Oyster Sauce



Beef Strips

 Hands-on: **25-35 mins**  
Ready in: **35-45 mins**

This dish is a delightful combination of bright Asian greens, tender beef and garlicky rice, with the feel-good factor of cooking a delicious meal from scratch.

### Pantry items

Olive Oil, Butter, Soy Sauce, Honey,  
Rice Wine Vinegar

## 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 lid · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
butter*	20g	40g
basmati rice	1 packet	2 packets
water* (for the rice)	1½ cups	3 cups
salt*	¼ tsp	½ tsp
capsicum	1	2
carrot	1	2
Asian greens	1 bunch	2 bunches
spring onion	2 stems	4 stems
ginger	1 knob	2 knobs
mixed sesame seeds	1 sachet	2 sachets
oyster sauce	1 sachet (50g)	1 sachet (100g)
soy sauce*	1 tbs	2 tbs
honey*	½ tbs	1 tbs
rice wine vinegar*	1 tsp	2 tsp
water* (for the sauce)	¼ cup	½ cup
beef strips	1 small packet	1 medium packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2882kJ (688Cal)	481kJ (114Cal)
Protein (g)	46g	7.7g
Fat, total (g)	15.3g	2.6g
- saturated (g)	6.9g	1.2g
Carbohydrate (g)	84.8g	14.2g
- sugars (g)	21.6g	3.6g
Sodium (mg)	2010mg	336mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Make the garlic rice

Finely chop the **garlic**. In a medium saucepan, melt the **butter** with a dash of **olive oil** over a medium heat. Add the **garlic** and cook until fragrant, **1-2 minutes**. Add the **basmati rice**, **water (for the rice)** and **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!



## Cook the veggies

Heat a drizzle of **olive oil** in a large frying pan over a medium-high heat. Cook the **capsicum** and **carrot** until softened, **5-6 minutes**. Add the **Asian greens** and 1/2 the **spring onion** and cook until tender, **1-2 minutes**. Transfer to a bowl.



## Prep the veggies

While the rice is cooking, slice the **capsicum** into thin strips. Slice the **carrot** into thin strips. Roughly chop the **Asian greens**. Thinly slice the **spring onion**. Finely grate the **ginger** (unpeeled).



## Cook the beef

Return the frying pan to a high heat with a drizzle of **olive oil**. Cook the **beef**, in batches, tossing until browned, **1-2 minutes**. Return the **beef strips** and **veggies** to the pan with the **sauce**. Cook until slightly reduced, **30 seconds**.



## Make the sauce

In a small bowl, combine the **mixed sesame seeds**, **ginger**, **oyster sauce**, **soy sauce**, **honey**, **rice wine vinegar** and **water (for the sauce)**. Set aside.



## Serve up

Divide the garlic rice between bowls and top with the beef and veggie stir-fry. Garnish with the remaining spring onion.

Enjoy!