



Asian-Style Sichuan Beef

with Stir-Fried Veggies & Garlic Rice



Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Beef Strips



Carrot



Snow Peas



Asian Greens



Sesame Seeds



Sichuan Garlic Paste

 Hands-on: 25 mins
Ready in: 30 mins

You better believe it, but this restaurant-quality meal could be on your table in less than half an hour! Succulent beef strips are coated in our tasty Sichuan garlic paste while crisp veggies get a quick stir-fry. Add some garlicky rice and sesame seeds and dinner is served.

Pantry items

Olive Oil, Butter, Soy Sauce

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

	4 People
olive oil*	refer to method
garlic	4 cloves
butter*	40g
water*	3 cups
basmati rice	2 packets
soy sauce*	1 tbs
beef strips	1 packet
carrot	1
snow peas	1 bag (200g)
Asian greens	2 bunches
sesame seeds	1 sachet
Sichuan garlic paste	1 tub

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2660kJ (636Cal)	693kJ (165Cal)
Protein (g)	39.1g	10.2g
Fat, total (g)	20.3g	5.3g
- saturated (g)	8.8g	2.3g
Carbohydrate (g)	70.4g	18.3g
- sugars (g)	8.9g	2.3g
Sodium (g)	621mg	161mg

Allergens

Always read product labels for the most up-to-date allergen information. Visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



1. Cook the garlic rice

Finely chop the **garlic** (or use a garlic press). In a medium saucepan, melt the **butter** over a medium heat. Add **1/2** the **garlic** and cook until fragrant, **1 minute**. Add the **water** and **basmati rice**, stir, and bring to the boil. Reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove the pan 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!



4. Cook the veggies

Heat a large frying pan over a medium-high heat. Add the **sesame seeds** and cook until toasted, **3-4 minutes**. Transfer to a small bowl. Return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. When the oil is hot, add the **carrot** and cook until softened, **3-4 minutes**. Add the **snow peas** and cook until softened, **1 minute**. Add the **Asian greens** and a **splash** of **water** and cook until tender, **1 minute**. Season to taste with **salt** and **pepper**. Transfer to a medium bowl and cover to keep warm.



2. Add flavour to the beef

While the rice is cooking, combine the **soy sauce**, the remaining **garlic**, a **splash** of **water** and the **beef strips** in a medium bowl. Mix well to combine.



5. Cook the beef

Return the frying pan to a high heat with a **drizzle** of **olive oil**. Add **1/3** of the **beef** and cook, tossing, until cooked through, **1-2 minutes**. Transfer to a medium bowl and repeat with the remaining **beef**. Return the **beef** to the pan and remove from the heat. Add the **Sichuan garlic paste** and toss to coat.

TIP: Cooking the meat in batches on a high heat ensures a tender result.



3. Prep the veggies

Thinly slice the **carrot** (unpeeled) into half-moons. Trim the **snow peas** and slice in half. Roughly chop the **Asian greens**.



6. Serve up

Divide the garlic rice and veggies between plates. Top with the Sichuan beef. Garnish with the toasted sesame seeds.

Enjoy!