



MAR  
2017

## Beef and Yellow Zucchini Stir-Fry with Ginger and Snow Peas

Who doesn't love a stir-fry? If you're a long-time lover of the signature mix of sweet, spicy and salty, then you are going to love this simple dish. Lightly marinated beef teamed with yellow zucchini and snow peas, the saying rings true — variety really is the spice of life.

 **Prep**  
30 min



Beef Strips



Jasmine Rice



Yellow Zucchini



Snow Peas



Garlic



Ginger



Long Red Chili



Oyster Sauce



Soy Sauce

## Ingredients

		4 People
Beef Strips		2 pkg (680 g)
Jasmine Rice		2 pkg (227 g)
Yellow Zucchini		3
Snow Peas, trimmed		1 pkg (227 g)
Garlic		2 pkg (20 g)
Ginger		30 g
Long Red Chili 		1
Oyster Sauce	1) 2)	1 pkg (3 tbsp)
Soy Sauce	2) 3)	1 pkg (3 tbsp)
Sugar*		4 tsp
Olive or Canola Oil*		

\*Not Included

## Allergens

- 1) Seafood/Fruits de mer
- 2) Soy/Soja
- 3) Wheat/Blé

## Tools

Measuring Cups, Medium Pot, Measuring Spoons, Large Non-Stick Pan

Ruler

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**Nutrition per person** Calories: 556 cal | Fat: 13 g | Protein: 44 g | Carbs: 64 g | Fibre: 4 g | Sodium: 880 mg

*Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

1



**1 Prep: Wash and dry all produce.** Bring **2 cups salted water** in a medium pot to a boil. Cut the **zucchini** in half lengthwise then into 1/4-inch pieces. Mince or grate the **garlic**. Peel, then mince **1 tbsp ginger**. Finely chop the **chili**, removing the seeds if you prefer less heat, if using.

4



**2 Cook the rice:** Add the **rice** to the boiling water. Reduce the heat to medium-low. Cover with a lid, and cook until the rice is tender and the water has been absorbed, 12-14 min.

6



**3 Sear the beef strips:** Season the **beef strips** with **salt** and **pepper**. Heat a large non-stick pan over high heat. Add a drizzle of **oil**, then the beef strips. (**TIP:** Do not crowd the pan — you want to get a nice brown colour on the beef, so work in batches if necessary to prevent steaming!) Cook until browned, 1 min per side. Transfer the beef to a plate.

**4 Cook the veggies:** Add another drizzle of **oil** to the same pan. Add the **snow peas, garlic** and **ginger**. Cook, stirring occasionally, until veggies are tender-crisp, 4-5 min.

**5** Add the **oyster sauce, soy sauce, sugar, beef** and **zucchini**. Stir until zucchini is tender, 2-3 min.

**6 Finish and serve:** Fluff the **rice** with a fork. Divide the rice between bowls and top with the **ginger beef stir-fry**. For spice-loving adults, sprinkle with as much **chili** as you would like. Enjoy!

**COOKING TECHNIQUE:** To 'sear' means to cook just the surface of the food (usually meat) at high temperature until a brown crust forms! Ideally, only a few pieces are seared at a time, otherwise a full pan may encourage steaming instead of searing.

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