



# Mongolian Beef & Veggie Stir-Fry

with Jasmine Rice & Roasted Cashews

Grab your Meal Kit with this symbol 



Garlic



Jasmine Rice



Ginger



Hoisin Sauce



Beef Strips



Carrot



Broccoli



Asian Greens



Spring Onion



Roasted Peanut & Cashew Mix

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

It's been a Chinese restaurant staple for years and now it's time to master it in your own kitchen. For the perfect result, make sure your pan is searing hot before adding the beef strips. Don't be afraid to only cook the veggies for a few minutes either – you want them to keep a little bite.

**Pantry items**  
Olive Oil, Butter, Soy Sauce, Brown Sugar

## 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 a lid · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
butter*	20g	40g
water* (for the rice)	1¼ cups	2½ cups
salt*	¼ tsp	½ tsp
jasmine rice	1 packet	2 packets
ginger	1 knob	2 knobs
soy sauce*	1 tbs	2 tbs
brown sugar*	1½ tsp	1 tbs
hoisin sauce	1 packet (75g)	2 packets (150g)
water* (for the sauce)	1½ tsp	1 tbs
beef strips	1 packet	1 packet
carrot	1	2
broccolini	1 bunch	1 bunch
Asian greens	1 packet	1 packet
spring onion	1 stem	2 stems
roasted peanut & cashew mix	1 packet	2 packets

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	3150kJ (753Cal)	698kJ (167Cal)
Protein (g)	41.4g	9.2g
Fat, total (g)	22.1g	4.9g
- saturated (g)	9.4g	2.1g
Carbohydrate (g)	94.7g	21.0g
- sugars (g)	27.2g	6.0g
Sodium (mg)	1500mg	333mg

## Allergens

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

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/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**. In a medium saucepan, melt the **butter** and a **dash of olive oil** over a medium heat. Add **1/2 the garlic** and cook until fragrant, **1-2 minutes**. Add the **water (for the rice)** and the **salt** and bring to the boil. Add the **jasmine rice**, stir, cover with a lid and reduce the heat to low. Cook for **12 minutes**, then remove the pan from the heat and keep covered until the rice is tender the water is absorbed, **10-15 minutes**.

**TIP:** The rice will finish cooking in its own steam so don't peek!



## 4. Cook the beef

In a large frying pan, heat a **drizzle of olive oil** over a high heat. Add the **beef strips** in batches, allowing the excess marinade to drip back into the bowl, and cook, tossing, until browned, **1-2 minutes**. Transfer to a bowl.

**TIP:** Cooking the beef in batches over a high heat helps keep it tender.



## 2. Marinate the beef

While the rice is cooking, finely grate the **ginger**. In a medium bowl, combine the **ginger, soy sauce, brown sugar, hoisin sauce, water (for the sauce)** and the **remaining garlic**. Add the **beef strips** and toss to coat. Set aside.

**TIP:** Leave the beef strips to marinate for at least **15 minutes** if you have the time – this will increase the flavour and tenderness.



## 5. Cook the veggies

Return the frying pan to a medium-high heat with a **drizzle of olive oil**. Add the **carrot** and **broccolini** and cook until just softened, **3-4 minutes**. Add the **Asian greens** and **1/2 the spring onion** and cook, tossing, until tender, **1-2 minutes**. Return the **beef strips** and **excess marinade** to the pan and toss until just combined and warmed through.

**TIP:** Add all the spring onion if you don't like it raw as a garnish.



## 3. Get prepped

Thinly slice the **carrot** (unpeeled) into half-moons. Trim and halve the **broccolini**. Roughly chop the **Asian greens**. Thinly slice the **spring onion**.



## 6. Serve up

Divide the garlic rice and Mongolian beef and veggie stir-fry between bowls. Garnish with the **roasted cashew & peanut mix** and any remaining spring onion.

**Enjoy!**