



CHINESE BEEF & GREEN BEAN STIR-FRY

with Roasted Cashews



Use mince in a stir-fry



Jasmine Rice



Red Capsicum



Carrot



Green Beans



Spring Onion



Long Red Chilli (Optional)



Roasted Cashews



Garlic



Ginger



Beef Mince

- Hands-on: **35 mins**
- Ready in: **35 mins**
- Spicy (optional long red chilli)

Everyone loves a stir-fry, but when you add a rainbow of crisp veggies, tender beef mince and lots of aromatic flavours, this family favourite will be even more beloved. With a scattering of crunchy cashews and fluffy jasmine rice, there's a reason this meal is a guaranteed crowd-pleaser.

Pantry Staples: Olive Oil, Soy Sauce, Brown Sugar, Oyster Sauce

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **medium saucepan** with a **lid**
- **large frying pan**



1 COOK THE JASMINE RICE

In a medium saucepan, bring the **water (for the rice)** 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 for another **10-15 minutes**, or until the rice is tender and all the water has absorbed.

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



2 PREP THE VEG

While the rice is cooking, cut the **red capsicum** into 2cm chunks. Thinly slice the **carrot** (unpeeled) into half-moons. Trim the **green beans** and slice in half. Thinly slice the **spring onion**. Thinly slice the **long red chilli** (if using). Roughly chop the **roasted cashews**.

TIP: Cut the veggies to the correct size so they cook in the allocated time.



3 MAKE THE SAUCE

Finely grate the **garlic** (or use a garlic press). Finely grate the **ginger**. In a medium bowl, combine the ginger, **soy sauce**, **brown sugar**, **oyster sauce**, **water (for the sauce)** and **1/2** the garlic.



4 COOK THE BEEF

In a large frying pan, heat a **drizzle** of **olive oil** over a high heat. When the oil is hot, add the **beef mince** and cook for **3-4 minutes**, breaking up with a wooden spoon, or until browned. Reduce the heat to medium-high and add the **sauce mixture** to the beef. Cook, stirring, for a further **2-3 minutes**, or until just starting to thicken. Transfer the beef to a medium bowl. **TIP:** Reuse the bowl from the sauce mixture!



5 COOK THE VEGGIES

Return the pan to a medium-high heat and add a **drizzle** of **olive oil**. Add the **red capsicum**, **carrot**, **green beans** and a **splash** of water and cook for **3-4 minutes** or until just tender. Add **1/2** the **spring onion** and the remaining **garlic** and cook for **1 minute** or until fragrant. Return the **beef mince and sauce** from the bowl to the pan and toss until combined and warmed through. **TIP:** Cook all the spring onion if you don't like it raw as a garnish.



6 SERVE UP

Divide the jasmine rice and Chinese beef and green bean stir-fry between bowls. Sprinkle with the roasted cashews and any remaining spring onion. Garnish the adult portions with the long red chilli (if using).

TIP: For kids, see our serving suggestions on the main photo.

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
water* (for the rice)	2½ cups
jasmine rice	2 packets
red capsicum	1
carrot	1
green beans	1 bag (200 g)
spring onion	1 bunch
long red chilli (optional)	1
roasted cashews	1 packet
garlic	2 cloves
ginger	1 knob
soy sauce*	½ cup
brown sugar*	2 tbs
oyster sauce*	¼ cup
water* (for the sauce)	1 tbs
beef mince	1 packet

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2610kJ (623Cal)	641kJ (153Cal)
Protein (g)	41.2g	10.1g
Fat, total (g)	14.5g	3.6g
- saturated (g)	5.1g	1.3g
Carbohydrate (g)	79.2g	19.5g
- sugars (g)	15.3g	3.8g
Sodium (g)	1610mg	395mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589
Hello@HelloFresh.co.nz

2018 | WK50

HelloFRESH