



CHINESE GINGER BEEF FRIED RICE

with Rainbow Veg



Cook fried rice
at home



Jasmine Rice



Garlic



Ginger



Beef Mince



Chilli Flakes
(Optional)



Carrot



Red Capsicum



Spring Onion



Asian Greens



Cos Lettuce



Coriander



Crispy Shallots



Sweet Chilli
Sauce

Hands-on: **25 mins**
Ready in: **35 mins**
Spicy (optional chilli flakes)

Eating the rainbow is easy when you pack it all into a flavourful fried rice. This family favourite uses a clever method – you add the cooked rice to the egg and scramble it all together. It's a Cantonese-style technique and you'll quickly understand why – it saves time and spreads the egg evenly through the dish for a perfectly balanced bite!

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

BEFORE YOU START

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

- **medium saucepan** • **large frying pan** or **wok**



1 PREP THE RICE

In a medium saucepan, bring the **water** and the **jasmine rice** to the boil over a high heat. Reduce the heat to medium and simmer, stirring occasionally, for **10 minutes**, or until the rice is almost tender (the rice will continue cooking in the pan in step 5). Set aside uncovered.



2 ADD FLAVOUR TO THE BEEF

While the rice is cooking, finely grate the **garlic** (or use a garlic press). Finely grate the **ginger**. In a medium bowl, combine the garlic, ginger, **beef mince**, **chilli flakes** (if using), **soy sauce**, **oyster sauce** and the **sugar**. Set aside.



3 PREP THE VEG

Cut the **carrot** (unpeeled) into thin half-moons. Thinly slice the **red capsicum**. Thinly slice the **spring onion**. Roughly chop the **Asian greens**. Shred the **cos lettuce**. Roughly chop the **coriander**.



4 COOK THE VEG & BEEF

Heat a **drizzle** of **olive oil** in a large frying pan or wok over high heat. Once hot, add the **carrot** and the **red capsicum** and cook, stirring, for **2-3 minutes** or until slightly softened. Add the **Asian greens** and cook for a further **30 seconds**, or until wilted and tender. Transfer to a medium bowl and return the pan to high heat with a **drizzle** of **olive oil**. Once hot, add the **beef mince** and cook, breaking up with a wooden spoon, for **3-4 minutes**, or until browned. Transfer to the bowl with the vegetables.



5 FRY THE RICE

Return the pan to a high heat with a **drizzle** of **olive oil**. Crack the **eggs** into the pan and add the **cooked rice** on top. Cook, stirring continuously, for **2 minutes** or until well combined. Add the **salt**, **cos lettuce** and **spring onion** and cook, stirring for **1-2 minutes**, or until the lettuce softens and wilts. **TIP:** *If you don't like the texture of wilted lettuce, add it just before serving so it retains some crunch!* Add the **beef** and **cooked vegetables** and toss until heated through.



6 SERVE UP

Divide the fried rice between plates. Top with the **crispy shallots**, coriander and drizzle the adult portions with the **sweet chilli sauce**.

TIP: *For kids, follow our serving suggestion in the main photo!*

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
water*	2½ cups
jasmine rice	2 packets
garlic	2 cloves
ginger	1 knob
beef mince	1 packet
chilli flakes (optional)	pinch
soy sauce*	4 tsp
oyster sauce*	2½ tbs
sugar*	1 tsp
carrot	1
red capsicum	1
spring onion	1 bunch
Asian greens	1 bunch
cos lettuce	1 bag
coriander	1 bunch
eggs*	2
salt*	1 tsp
crispy shallots	1 packet
sweet chilli sauce	1 tub (50 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	4170kJ (995Cal)	525kJ (125Cal)
Protein (g)	79.5g	10.0g
Fat, total (g)	30.9g	3.9g
- saturated (g)	12.1g	1.5g
Carbohydrate (g)	95.3g	12.0g
- sugars (g)	29.2g	3.7g
Sodium (g)	2740mg	345mg

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

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