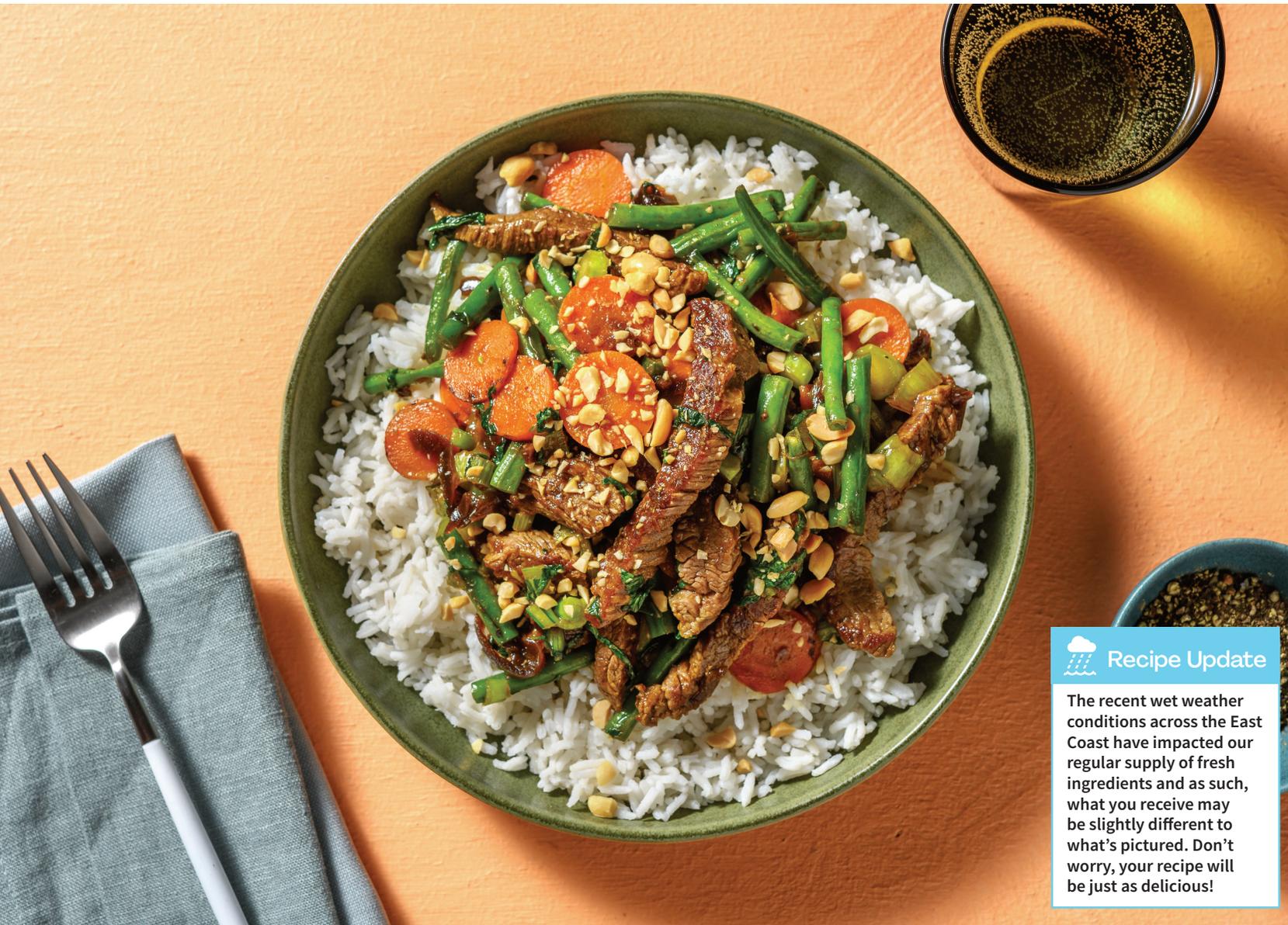




# Easy Beef & Sweet Onion Stir-Fry

with Veggies, Peanuts & Rice

Grab your Meal Kit with this symbol



Basmati Rice



Carrot



Green Beans



Beef Strips



Shredded Cabbage Mix



Southeast Asian Spice Blend



Caramelised Onion Chutney



Oyster Sauce



Crushed Peanuts

### Recipe Update

The recent wet weather conditions across the East Coast have impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: **15-25 mins**  
Ready in: **20-30 mins**

Calorie Smart

In this simple stir-fry, caramelised onion chutney and oyster sauce combine to create a sweet and savoury sauce that works a treat with the juicy beef strips and tender veggies.

### Pantry items

Olive Oil

## 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 · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
basmati rice	1 medium packet	1 large packet
carrot	1	2
green beans	1 small bag	1 medium bag
beef strips	1 small packet	1 medium packet
shredded cabbage mix	1 medium bag	1 large bag
Southeast Asian spice blend	1 sachet	2 sachets
caramelised onion chutney	1 packet	2 packets
oyster sauce	1 packet (50g)	1 packet (100g)
crushed peanuts	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2716kJ (649Cal)	558kJ (133Cal)
Protein (g)	43.6g	9g
Fat, total (g)	11.9g	2.4g
- saturated (g)	3.2g	0.7g
Carbohydrate (g)	87g	17.9g
- sugars (g)	20.5g	17.9g
Sodium (mg)	1630mg	335mg

The quantities provided above are averages only.

## Allergens

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

Visit [hellofresh.com.au/foodinfo](https://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 rice

- Boil the kettle.
- Half-fill a medium saucepan with the boiling water. Add **basmati rice** and a pinch of **salt** and cook, uncovered, over a high heat until tender, **12 minutes**.
- Drain and return to saucepan.

3



## Bring it all together

- Return frying pan to a medium-high heat with a drizzle of **olive oil**.
- Stir-fry **carrot**, **green beans** and **shredded cabbage mix** until tender, **4-5 minutes**.
- Add **Southeast Asian spice blend** and stir-fry, until greens are wilted, **1-2 minutes**.
- Remove from heat. Add **caramelised onion chutney**, **oyster sauce** and a splash of **water**. Return **beef** (and any resting juices!) to pan. Stir until combined and heated through.

2



## Get prepped & cook the beef

- While rice is cooking, thinly slice **carrot** into rounds. Trim **green beans** and cut in half. Set aside.
- In a large frying pan, heat a drizzle of **olive oil** over a high heat. When oil is hot, cook **beef strips**, in batches, until browned and cooked through, **1-2 minutes**. Transfer to a plate. Season to taste and cover to keep warm.

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

4



## Serve up

- Divide rice between bowls.
- Top with beef and sweet onion stir-fry.
- Sprinkle with **crushed peanuts** to serve.

## Enjoy!

## Rate your recipe

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