



CHINESE GARLIC-GINGER BEEF

with Sweetcorn Fried Rice



Give beef a bit of zing with grated fresh ginger



Jasmine Rice



Beef Stock



Ginger



Garlic



Beef Rump



Sweetcorn



Carrot



Capsicum



Spring Onion



Chilli Flakes (Optional)

Hands-on: **30-40** mins
Ready in: **35-45** mins

Naturally gluten-free
Not suitable for Coeliacs

Low calorie

Spicy (optional chilli flakes)

There are few things as easily assembled and uniquely satisfying as fried rice. We're taking it back to basics with this traditional dish and topping it off with garlic and ginger infused beef.

Pantry Staples: Olive Oil, Soy Sauce (or Gluten-Free Tamari Sauce), Honey, Egg

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 RICE

In a medium saucepan, bring the **water** and **jasmine rice** to the boil over a high heat. Crumble in the **beef stock** (**1 cube for 2 people / 2 cubes for 4 people**). Reduce the heat to medium and simmer, uncovered, until the rice is almost tender, **10 minutes**. Drain and set aside, uncovered, until step 4.

TIP: We are parcooking the rice so it doesn't become guggy later!



2 FLAVOUR THE BEEF

While the rice is cooking, finely grate the **ginger**. Finely grate the **garlic** (or use a garlic press). In a medium bowl, combine the **ginger**, **1/2 the garlic**, **1/2 the soy sauce** and the **honey**. Season with a **pinch of salt** and **pepper**. Slice the **beef rump** into 2cm chunks, add to the garlic-ginger mixture and toss to coat.



3 PREP THE VEGGIES

Drain the **sweetcorn**. Finely chop the **carrot** (unpeeled), or grate if you'd prefer. Finely chop the **capsicum**. Thinly slice the **spring onion**.



4 COOK THE FRIED RICE

In a large frying pan, heat a **drizzle** of **olive oil** over a medium-high heat. Add the **sweetcorn**, **carrot**, **capsicum** and **1/2 the spring onion** and cook until just tender, **5 minutes**. Add the **rice** and **remaining garlic** and stir to combine. Push the rice to one side of the frying pan and add a **drizzle** of **olive oil**. Crack in the **egg** and cook for **30 seconds**, then scramble with a spoon and stir through the rice. Add the **remaining soy sauce** and mix through. Transfer to a large bowl and cover to keep warm.



5 COOK THE BEEF

Wipe out the frying pan and return to a high heat with a **drizzle** of **olive oil**. Using tongs, pick up the **beef** and let the excess marinade drip back into the bowl, then add to the pan and cook, tossing, until just cooked through, **2 minutes**. Pour in any garlic-ginger mixture from the bowl and cook until bubbling, **30 seconds**.



6 SERVE UP

Divide the sweetcorn fried rice between bowls and top with the Chinese garlic-ginger beef and any sauce from the pan. Sprinkle with the **chilli flakes** (if using) and the remaining spring onion. **TIP:** For the low-calorie option, serve with 3/4 of the rice.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
water*	1¼ cups	2½ cups
jasmine rice	1 packet	2 packets
beef stock	1 cube	2 cubes
ginger	1 knob	2 knobs
garlic	1 clove	2 cloves
soy sauce* (or gluten-free: tamari soy sauce)	2 tbs	¼ cup
honey*	1 tbs	2 tbs
beef rump	1 packet	1 packet
sweetcorn	1 tin (125g)	1 tin (300g)
carrot	1	2
capsicum	1	2
spring onion	1 bunch	1 bunch
egg*	1	2
chilli flakes (optional)	pinch	pinch

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2280kJ (544Cal)	536kJ (128Cal)
Protein (g)	44.6g	10.5g
Fat, total (g)	11.2g	2.7g
- saturated (g)	4.0g	0.9g
Carbohydrate (g)	63.3g	14.9g
- sugars (g)	14.3g	3.4g
Sodium (g)	1920mg	453mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

→ JOIN OUR PHOTO CONTEST!

#HelloFreshAU

We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

Hello@HelloFresh.com.au

2020 | WK10