

Ginger-Soy Beef & Veggie Stir-Fry

with Garlic Rice & Pickled Cucumber

Grab your Meal Kit
with this symbol



Garlic



Jasmine Rice



Cucumber



Ginger



Carrot



Capsicum



Beef Strips



Coriander



Mayonnaise



Roasted Peanuts

 Hands-on: **25-35 mins**
Ready in: **30-40 mins**

Is it time to lift your stir-fry game? Here's a delicious lesson in how to get ginger-marinated beef strips, tender veggies and a flavour-packed sauce. With a few simple tricks – cooking the meat in batches, getting the veggies started before adding the sauce and adding flavour to the rice with garlic – you'll be a stir-fry superstar in no time!

Pantry items

Olive Oil, Butter, Rice Wine Vinegar,
Soy Sauce, Honey

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	1 packet
cucumber	1 (medium)	1 (large)
rice wine vinegar*	¼ cup	½ cup
water* (for the pickle)	¼ cup	½ cup
ginger	1 knob	2 knobs
carrot	1	2
capsicum	1	2
soy sauce*	2 tbs	¼ cup
honey*	2 tbs	¼ cup
water* (for the sauce)	2 tbs	¼ cup
beef strips	1 packet	1 packet
coriander	1 bunch	1 bunch
mayonnaise	1 packet (40g)	1 packet (100g)
roasted peanuts	1 packet	2 packets

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3544kJ (847Cal)	579kJ (138Cal)
Protein (g)	48.4g	7.9g
Fat, total (g)	30.3g	5g
- saturated (g)	6.3g	1g
Carbohydrate (g)	92.2g	15.1g
- sugars (g)	23.9g	3.9g
Sodium (mg)	1380mg	225mg

Allergens

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

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



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. Cook 1/2 the **garlic** 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 and all the water is absorbed, **10-15 minutes**.

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



Cook the veggies & beef

In a large frying pan, heat a drizzle of **olive oil** over a high heat. Cook the **carrot** and **capsicum**, tossing, until tender, **4-5 minutes**. Transfer to a bowl. Return the frying pan to a high heat with a drizzle of **olive oil**. Cook the **beef strips**, in batches, tossing, until browned and cooked through, **1-2 minutes**. Transfer to the bowl with the veggies.



Pickle the cucumber

While the rice is cooking, thinly slice the **cucumber** into half-moons. In a small bowl, combine the **rice wine vinegar**, **water (for the pickle)** and a good pinch of **sugar** and **salt**. Add the **cucumber** and stir to coat. Set aside until serving.



Make it saucy

Return the frying pan to a medium-high heat. Cook the **honey-soy sauce mixture**, stirring, until slightly thickened, **1-2 minutes**. Remove the pan from the heat, then add the **beef strips** (plus any resting juices) and **veggies** to the sauce. Toss to coat.



Get prepped

Finely grate the **ginger**. Thinly slice the **carrot** (unpeeled) into batons. Thinly slice the **capsicum**. In a second small bowl, combine the **ginger**, **soy sauce**, **honey**, **water (for the sauce)** and the remaining **garlic**. Season with **pepper**. Set aside.



Serve up

Roughly chop the **coriander**. Drain the pickled cucumber. Divide the garlic rice between bowls. Top with the honey-soy beef and veggie stir-fry. Spoon over any remaining honey-soy sauce. Top with the pickled cucumber and **mayonnaise**. Garnish with the **roasted peanuts** and coriander.

Enjoy!