



Honey, Soy & Pepper Beef

with Garlic Rice, Roasted Peanuts & Aioli

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Capsicum



Carrot



Asian Greens



Black Peppercorns



Thai Seven Spice Blend



Beef Strips



Roasted Peanuts



Garlic Aioli

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. 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: 20-30 mins
Ready in: 30-40 mins

Here's a recipe for success: take a bowl of garlic rice, add colourful pan-fried veggies and tender strips of beef in a sublime honey-soy sauce and finish things off with creamy garlic aioli and a smattering of roasted peanuts.

Pantry items

Olive Oil, Butter, Soy Sauce, Honey, Plain Flour

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*	1¼ cups	2½ cups
jasmine rice	1 packet	1 packet
capsicum	1	2
carrot	1	2
Asian greens	1 bag	2 bags
soy sauce*	1 tbs	2 tbs
honey*	1 tbs	2 tbs
black peppercorns	½ sachet	1 sachet
Thai seven spice blend	1 sachet	1 sachet
plain flour*	1 tbs	2 tbs
beef strips	1 packet	1 packet
roasted peanuts	1 packet	2 packets
garlic aioli	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3862kJ (923Cal)	736kJ (176Cal)
Protein (g)	44.8g	8.5g
Fat, total (g)	42.7g	8.1g
- saturated (g)	11.5g	2.2g
Carbohydrate (g)	87.3g	16.6g
- sugars (g)	16g	3g
Sodium (mg)	1183mg	225mg

The quantities provided above are averages only.

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 **garlic**. In a medium saucepan, heat the **butter** and a dash of **olive oil** over medium heat. Cook 1/2 the **garlic** until fragrant, **1-2 minutes**. Add the **water** and a generous pinch of **salt** and bring to the boil. Add **jasmine rice**, stir, cover with a lid and reduce heat to low. Cook for **12 minutes**, then remove from heat and keep covered until rice is tender and water is absorbed, **10-15 minutes**.

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



Flavour the beef

Crush **black peppercorns** (see ingredients) with a mortar and pestle or in their sachet using a rolling pin. In a medium bowl, combine crushed **peppercorns**, **Thai seven spice blend** and the **plain flour**. Add **beef strips** and toss to coat.



Get prepped

While the rice is cooking, cut **capsicum** into bite-sized chunks. Thinly slice **carrot** into half-moons. Roughly chop **Asian greens**. In a small bowl, combine the **soy sauce** and the **honey**. Set aside.



Cook the beef

Wipe out the frying pan, then return to high heat with a drizzle of **olive oil**. When oil is hot, pick up **beef** using tongs and shake off any excess flour back into bowl. Cook **beef strips** in batches, tossing occasionally, until browned and cooked through, **1-2 minutes**. Remove pan from the heat, then add all **beef** back to the pan. Add **honey-soy mixture** and stir until the beef is coated and sticky.

TIP: Cooking the meat in batches over a high heat helps it stay tender. Add a drizzle more oil between batches if needed!



Cook the veggies

In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **capsicum** and **carrot**, tossing until tender, **5-6 minutes**. Add **Asian greens** and remaining **garlic** and cook until wilted, **1-2 minutes**. Season with **salt** and **pepper**. Transfer to a bowl and cover to keep warm.



Serve up

Divide garlic rice between bowls. Top with veggies and honey-soy and pepper beef. Garnish with **roasted peanuts**. Serve with **garlic aioli**.

Enjoy!