



Honey-Soy Beef Strips

with Peanut Sauce & Veggies

Grab your Meal Kit with this symbol



Jasmine Rice



Garlic



Beef Strips



Broccoli



Carrot



Lemon



Long Red Chilli (Optional)



Coconut Milk



Dark Roasted Peanut Butter



Crispy Shallots

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

Spicy (optional long red chilli)

Nutty, flavoursome and incredibly moreish, this stir-fry brings together quick-cooking beef strips with a colourful array of veggies. The creamy peanut sauce is the icing on top of this tasty family-friendly meal!

Pantry items

Olive Oil, Soy Sauce, Honey, Brown Sugar

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

Two medium saucepans (one with a lid) ·
Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
water*	1¼ cups	2½ cups
jasmine rice	1 packet	2 packets
garlic	2 cloves	4 cloves
soy sauce* (for the beef)	2 tbs	¼ cup
honey*	3 tsp	1½ tbs
beef strips	1 packet	1 packet
broccoli	1 head	2 heads
carrot	1	2
lemon	½	1
long red chilli (optional)	½	1
coconut milk	½ tin (82.5ml)	1 tin (165ml)
dark roasted peanut butter	1 packet	2 packets
soy sauce* (for the sauce)	1 tsp	2 tsp
brown sugar*	1 tsp	2 tsp
crispy shallots	1 packet	2 packets

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3350kJ (800Cal)	566kJ (135Cal)
Protein (g)	56g	9.5g
Fat, total (g)	24.5g	4.1g
- saturated (g)	9.4g	1.6g
Carbohydrate (g)	81.2g	13.7g
- sugars (g)	17.1g	2.9g
Sodium (mg)	1219mg	206mg

Allergens

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

Visit 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

In a medium saucepan, bring the **water** 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!*



4. Make the peanut sauce

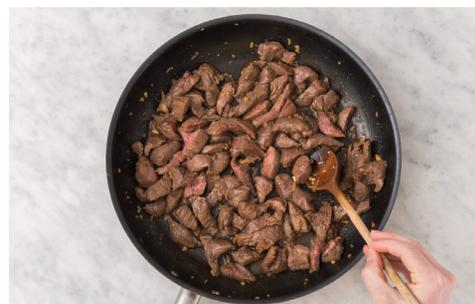
While the veggies are cooking, heat a **drizzle of olive oil** in a second medium saucepan over a medium-high heat. Add the **remaining garlic** and cook until fragrant, **1 minute**. Add the **coconut milk (see ingredients list)**, **peanut butter**, a **generous squeeze of lemon juice**, **soy sauce (for the sauce)** and **brown sugar**. Bring to the boil and stir to combine. Reduce the heat to medium and simmer until slightly thickened, **1 minute**. Set aside.

TIP: *If the sauce looks too thick, add a dash of water to loosen!*



2. Get prepped

While the rice is cooking, finely chop the **garlic** (or use a garlic press). In a medium bowl, combine the **soy sauce (for the beef)**, **honey** and **1/2 the garlic**. Add the **beef strips** and toss to coat. Set aside to marinate. Cut the **broccoli** into small florets and roughly chop the stalk. Thinly slice the **carrot** (unpeeled) into half-moons. Slice the **lemon (see ingredients list)** into wedges. Thinly slice the **long red chilli** (if using).



5. Cook the beef

Return the frying pan to a high heat with a **drizzle of olive oil**. Once hot, use tongs to pick up **1/3** of the **beef strips** and allow the **excess marinade** to drip back into the bowl. Add to the pan and cook, tossing, until browned and cooked through, **1-2 minutes**. Transfer to a plate, wipe out the pan if needed and repeat with the **remaining beef strips**. Pour the **excess marinade** into the empty pan and heat until bubbling.

TIP: *Cooking the meat in batches over a high heat keeps it tender.*



3. Cook the veggies

In a large frying pan, heat a **drizzle of olive oil** over a medium-high heat. Add the **broccoli**, **carrot** and a **splash of water** and cook until tender, **6-7 minutes**. Season to taste. Transfer to a large bowl and cover to keep warm.



6. Serve up

Divide the jasmine rice between bowls and top with the honey-soy beef strips (plus any sauce) and veggies. Spoon over the peanut sauce, sprinkle over the **crispy shallots** and long red chilli (if using). Serve with the remaining lemon wedges.

Enjoy!