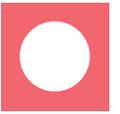


Kung Pao Beef

with Jasmine Rice & Baby Broccoli

Grab your Meal Kit with this symbol



Jasmine Rice



Cornflour



Capsicum



Spring Onion



Asian Greens



Baby Broccoli



Garlic



Black Peppercorns



Beef Strips



Sichuan Garlic Paste



Ginger Paste



Roasted Peanuts



Chilli Flakes (Optional)

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: **25-35 mins**
-  Ready in: **30-40 mins**
-  Spicy (optional chilli flakes)

Flavour is popping out of this vibrant rice dish! Beef cooked in an abundance of sauces and spices like our Sichuan garlic paste ensures it will be a tasty experience. Garnish with the nuttiness of roasted peanuts and enjoy this delicious meal.

Pantry items

Olive Oil, Soy Sauce, Rice Wine Vinegar, Balsamic Vinegar, Brown Sugar, Sesame 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 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	1 packet
cornflour	½ packet	1 packet
soy sauce*	2½ tbs	½ cup
rice wine vinegar*	1 tbs	2 tbs
balsamic vinegar*	1 tbs	2 tbs
brown sugar*	2 tbs	¼ cup
sesame oil*	1 tsp	2 tsp
capsicum	1	2
spring onion	1 stem	2 stems
Asian greens	1 bag	2 bags
baby broccoli	1 bag	1 bag
garlic	2 cloves	4 cloves
black peppercorns	½ sachet	1 sachet
beef strips	1 packet	1 packet
ginger paste	1 medium packet	1 large packet
Sichuan garlic paste	½ packet	1 packet
roasted peanuts	1 packet	2 packets
chilli flakes (optional)	pinch	pinch

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3226kJ (771Cal)	571kJ (136Cal)
Protein (g)	46.5g	8.2g
Fat, total (g)	20.2g	3.6g
- saturated (g)	4.2g	0.7g
Carbohydrate (g)	95.9g	17g
- sugars (g)	24.5g	4.3g
Sodium (mg)	1434mg	254mg

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.

If you have any questions or concerns, please visit hellofresh.co.nz/contact

2022 | CW19



Cook the rice

Add the **water** to a medium saucepan and bring to the boil. Add **jasmine rice**, stir, cover with lid and reduce heat to low. Cook for **12 minutes**, then remove pan 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.



Cook the veggies

Heat a large frying pan over high heat with a drizzle of **olive oil**. Cook **capsicum**, **baby broccoli** and **spring onion** until slightly charred and tender, **5-6 minutes**. Transfer to a bowl.



Make the soy mixture

While the rice is cooking, combine **cornflour** (see ingredients), the **soy sauce**, **rice wine vinegar**, **balsamic vinegar**, **brown sugar**, the **sesame oil** and a splash of **water** in a medium bowl.

TIP: Mix sauce well before adding to the pan to ensure the cornflour has dissolved.



Cook the kung pao beef

Return the frying pan to high heat with a drizzle of **olive oil**. When oil is hot, cook **beef strips** in batches until browned and cooked through, **1-2 minutes**. Add **ginger paste**, **garlic**, crushed **black peppercorns** and **Asian greens** and cook, tossing, until fragrant, **1 minute**. Reduce heat to medium, then add **veggies** and **soy mixture**. Toss to combine and cook until sauce is thickened, **2-3 minutes**. Remove from heat, then stir through **Sichuan garlic paste** (see ingredients).

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



Get prepped

Roughly chop **capsicum**, **spring onion** and **Asian greens**. Trim and halve **baby broccoli**. Finely grate **garlic**. Crush **black peppercorns** (see ingredients) with a mortar and pestle or in their sachet using a rolling pin.



Serve up

Divide jasmine rice between bowls. Top with kung pao beef. Garnish with **roasted peanuts** and a pinch of **chilli flakes** (if using) to serve.

Enjoy!