



Mild Ginger & Coconut Beef

with Greens & Garlic Rice

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Baby Broccoli



Asian Greens



Makrut Lime Leaves



Lemon



Beef Strips



Ginger & Lemongrass Paste



Coconut Milk



Roasted Peanuts

Hands-on: 15-25 mins
Ready in: 30-40 mins

Asian-inspired cuisine comes together in a flash tonight. The secret? We've doubled up on superstar ingredients, with an aromatic ginger-lemongrass coconut sauce and garlic rice so it smells and tastes like a tropical holiday.

Pantry items

Olive Oil, Butter, Soy Sauce, 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

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*	1 ½ cups	3 cups
basmati rice	1 packet	1 packet
baby broccoli	1 bag	1 bag
Asian greens	1 bag	2 bags
makrut lime leaves	2 leaves	4 leaves
lemon	½	1
beef strips	1 packet	1 packet
ginger & lemongrass paste	1 packet	1 packet
coconut milk	1 tin (165ml)	1 tin (400ml)
soy sauce*	2 tbs	¼ cup
brown sugar*	½ tbs	1 tbs
roasted peanuts	1 packet	2 packets

*Pantry items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3564kJ (852Cal)	650kJ (155Cal)
Protein (g)	45.1g	8.2g
Fat, total (g)	39.7g	7.2g
- saturated (g)	20.6g	3.8g
Carbohydrate (g)	70.5g	12.9g
- sugars (g)	6.5g	1.2g
Sodium (mg)	966mg	176mg

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

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1



Cook the garlic rice

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

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

3



Make the curry

- Return the frying pan to a medium heat with a drizzle of **olive oil**. Cook **baby broccoli** until just tender, **3-4 minutes**.
- Add **ginger & lemongrass paste**, **makrut lime** and remaining **garlic** and cook until fragrant, **1 minute**.
- Add **coconut milk**, the **soy sauce** and the **brown sugar**. Reduce heat to medium-low and simmer until slightly reduced, **3-4 minutes**.
- Stir **Asian greens** through sauce and cook until just wilted, **1-2 minutes**. Add a squeeze of **lemon juice**, then return **beef** (plus any resting juices) to the pan and stir to combine.

2



Get prepped & cook the beef

- Meanwhile, trim and halve **baby broccoli**. Roughly chop **Asian greens**. Remove centre veins from **makrut lime leaves**, then very finely chop. Slice **lemon** into wedges.
- In a large frying pan, heat a drizzle of **olive oil** over a high heat. When oil is hot, cook **beef strips** in batches until browned and cooked through, **1-2 minutes**. Transfer to a plate.

TIP: The makrut lime leaves are fibrous so you want to finely chop them!

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

4



Serve up

- Divide garlic rice between bowls, then top with ginger and coconut beef.
- Garnish with **roasted peanuts** and serve with any remaining lemon wedges.

Enjoy!