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Sesame Beef with Stir Fried Vegetables

This dish is all about crispy, sizzling beef strips infused with the nuttiness of sesame seeds. Dancing across your taste buds tonight, this lip smacking concoction with fresh carrot and Asian greens served on a bed of pillowy Jasmine rice won't fail to have you swinging.

 **Prep:** 15 mins
 **Cook:** 20 mins
Total: 35 mins

 level 1

 nut free

 spicy

Pantry Items



Water



Sesame Oil



Soy Sauce



Brown Sugar



Vegetable Oil



Jasmine Rice



Garlic



Beef Strips



Sesame Seeds



Spring Onions



Carrot



Broccoli



Long Red Chilli

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QTY	Ingredients	
1 ½ cups	Jasmine rice, rinsed well	
6 cups	water *	
2 tsp	sesame oil *	
¼ cup	salt-reduced soy sauce *	
2 tsp	brown sugar *	
2 cloves	garlic, peeled & crushed	⊕
3 tbs	warm water *	
600 g	beef strips	
3 tbs	sesame seeds	
2 tsp	vegetable oil *	
1 bunch	spring onions, finely sliced	
2	carrots, peeled & sliced thinly on the diagonal	
1 head	broccoli, chopped into very small florets	
½	long red chilli, deseeded & finely chopped (optional)	⊕

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	2560	Kj
Protein	45	g
Fat, total	16.8	g
-saturated	4.3	g
Carbohydrate	66.2	g
-sugars	6.8	g
Sodium	802	mg



You will need: *chef's knife, chopping board, garlic crusher, vegetable peeler, medium saucepan, sieve, medium non-metallic bowl, plate, tongs and a large wok or frying pan.*

1 Place the **Jasmine rice** and the **water** in a medium saucepan and bring to the boil over a high heat. Reduce the heat to medium and simmer, uncovered, for **10-12 minutes** or until the rice is soft. Drain.



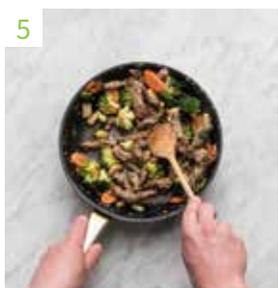
2 Meanwhile, in a medium non-metallic bowl combine the **sesame oil**, **salt-reduced soy sauce**, **brown sugar**, **garlic** and **warm water**. Add the **beef strips** and toss to coat well.

3 Place the **sesame seeds** on a small plate. Pick the beef up with tongs and drain any excess liquid back into the bowl and then toss the strips in the sesame seeds to coat well. Reserve the excess marinade.



4 Heat the **vegetable oil** in a large wok or frying pan over a high heat. Cook the beef strips in two batches, stir frying for **1-2 minutes** or until just browned. Remove from the wok and set aside.

5 Place the wok back over a high heat. Add the **spring onion**, **carrot** and **broccoli florets** and stir fry for **2-3 minutes**. Add the excess marinade from the bowl and a splash of water and stir fry for a further **1-2 minutes**. Add the beef strips back to the pan and toss to coat well.



6 To serve, divide the rice between bowls. Top with the sesame beef stir fry and the fresh **long red chilli**, if you like.

Did you know? The humble sesame seed is rich in calcium, vitamins B and E, iron, and zinc. It is also high in protein and contains no cholesterol.