



AUG
2016

Sesame Beef Stir-Fry

with Sugar Snap Peas and Basmati Rice

This variation on the classic takeout favorite packs in the nutrients without sacrificing flavor. That way, you can feel good about what your family is eating while cherishing the few precious moments when everyone (and we mean everyone) is happy about what's for dinner.



Prep: 10 min
Total: 30 min



level 1



nut free



dairy free



Beef Sirloin
Tips



Basmati
Rice



Sugar Snap
Peas



Hoisin
Sauce



Scallions



Soy
Sauce



Garlic



Ginger



White Sesame
Seeds

Ingredients

Beef Sirloin Tips		24 oz
Basmati Rice		1½ Cups
Sugar Snap Peas		12 oz
Hoisin Sauce	1)	4 T
Scallions		4
Soy Sauce	1)2)	2 T
Garlic		4 Cloves
Ginger		2 Thumbs
White Sesame Seeds		2 T
Oil*		4 t

4 People

*Not Included

Allergens

1) Soy

2) Wheat

Tools

Small pot, Peeler, Large pan, Small bowl

Nutrition per person Calories: 675 cal | Fat: 20 g | Sat. Fat: 6 g | Protein: 48 g | Carbs: 76 g | Sugar: 11 g | Sodium: 650 mg | Fiber: 4 g

1



1 Prep the ingredients: Wash and dry all produce. In a small pot, bring **3 cups salted water** to a boil. Trim the ends of the **snap peas**. Mince the **garlic**. Thinly slice the **scallions**. Peel and mince the **ginger**.

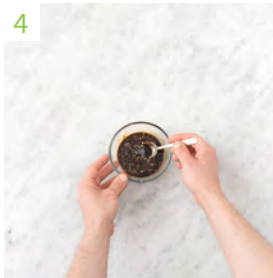
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2 Cook the rice: Add the **rice** to the boiling water, cover, and reduce to a low simmer for about 20 minutes, until tender. Remove from the heat, but keep covered until the rest of the meal is ready.

3 Sear the sirloin tips: Meanwhile, heat a drizzle of **oil** in a large pan over medium-high heat. Pat the **sirloin tips** dry with a paper towel. Season on all sides with **salt** and **pepper**. Add the tips to the pan. Cook 2-3 minutes per side, until browned but not yet cooked to desired doneness. Remove from the pan and set aside.

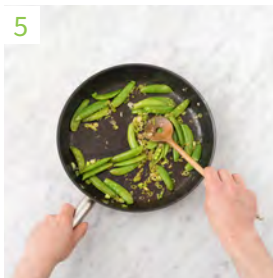
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4 Make the sauce: In a small bowl, combine the **garlic, ginger, 2 Tablespoons soy sauce, 4 Tablespoons hoisin sauce,** and **4 Tablespoons water**.

5 Cook the stir-fry: Add the **snap peas** and **scallions** to the same pan over medium heat, adding a drizzle of **oil** if necessary. Cook, tossing, for 3-4 minutes, until crisp-tender. Add the **sirloin tips** and **sauce** to the pan. Cook, tossing, for 2-3 minutes, until the sauce thickens and the steak is cooked to desired doneness. Season with **salt** and **pepper**.

5



6 Plate and serve: Fluff the **rice** with a fork. Serve the **sesame beef stir-fry** on a bed of **basmati rice**. Sprinkle with the **sesame seeds** and enjoy!

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