



Sichuan Beef & Asian Greens

with Garlic Rice

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Ginger



Carrot



Asian Greens



Spring Onion



Long Red Chilli (Optional)



Beef Strips



Sichuan Garlic Paste

- Hands-on: **20-30 mins**
- Ready in: **30-40 mins**
- Spicy (optional long red chilli)

Spice up your night (and your tastebuds!) with this simple, yet sensational stir-fry. Tender beef coated in our irresistible Sichuan garlic paste is the star of the show, supported by an array of veggies and fragrant garlic rice.

Pantry items

Olive Oil, Butter, Soy Sauce

Before you start

Our fruit and veggies need a little wash first!

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*	1½ cups	3 cups
salt*	¼ tsp	½ tsp
basmati rice	1 packet	2 packets
ginger	1 knob	2 knobs
carrot	1	2
Asian greens	1 bunch	2 bunches
spring onion	1 bunch	1 bunch
long red chilli (optional)	1	2
beef strips	1 packet	1 packet
Sichuan garlic paste	1 tub (80g)	2 tubs (160g)
soy sauce*	1 tbs	2 tbs

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2750kJ (656Cal)	640kJ (153Cal)
Protein (g)	36.2g	8.4g
Fat, total (g)	20.4g	4.8g
- saturated (g)	8.0g	1.9g
Carbohydrate (g)	77.9g	18.2g
- sugars (g)	15.6g	3.7g
Sodium (g)	2460mg	572mg

Allergens

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)



1. Cook the garlic rice

Finely chop the **garlic** (or use a garlic press). In a medium saucepan, melt the **butter** with a **dash** of **olive oil** over a medium heat. Add **2/3** of the **garlic** and cook until fragrant, **1-2 minutes**. Add the **basmati rice, water** and **salt**, stir, and bring to the boil. Reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.

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



4. Cook the beef

In a large frying pan, heat a **drizzle of olive oil** over a medium-high heat. Add the **beef** and cook, tossing, until browned and cooked through, **2-3 minutes**. Transfer to a medium bowl.



2. Get prepped

While the rice is cooking, finely grate the **ginger**. Thinly slice the **carrot** (unpeeled) into half-moons. Roughly chop the **Asian greens**. Thinly slice the **spring onion**. Thinly slice the **long red chilli** (if using).



5. Cook the veggies

Return the frying pan to a medium-high heat with a **drizzle of olive oil**. Add the **carrot** and cook until just tender, **3-4 minutes**. Return the **beef** to the pan along with the **Asian greens** and cook until wilted, **1-2 minutes**. Remove from the heat and add the **Sichuan garlic paste** and **soy sauce**. Toss to combine.



3. Add flavour to the beef

In a medium bowl, combine the **ginger, remaining garlic, a pinch of salt** and **pepper** and **olive oil (1 tbs for 2 people / 2 tbs for 4 people)**. Add the **beef strips** and toss to coat.



6. Serve up

Divide the garlic rice between bowls and top with the Sichuan beef and veggies. Sprinkle with spring onion and the chilli (if using).

Enjoy!