



# Southeast Asian Coconut Beef Stir-Fry

with Garlic Rice & Veggies

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Ginger



Carrot



Capsicum



Asian Greens



Coriander



Southeast Asian Spice Blend



Beef Strips



Coconut Milk

Hands-on: 20-30 mins  
Ready in: 30-40 mins

Make a simple stir-fry a little more special by serving with mouth-watering garlic rice! Add a twist of coconut milk and our Southeast Asian spice blend for a big helping of flavour with minimal effort. Enjoy your tasty and colourful creation!

### 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	4 cloves	8 cloves
butter*	20g	40g
jasmine rice	1 packet	1 packet
water*	1¼ cups	2½ cups
salt*	¼ tsp	½ tsp
ginger	1 knob	2 knobs
carrot	1	2
capsicum	1	2
Asian greens	1 packet	1 packet
coriander	1 bunch	1 bunch
Southeast Asian spice blend	1 sachet	1 sachet
beef strips	1 packet	1 packet
coconut milk	1 tin (200ml)	1 tin (400ml)
soy sauce*	1 tbs	2 tbs
brown sugar*	2 tsp	4 tsp

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	2960kJ (707Cal)	572kJ (137Cal)
Protein (g)	38.2g	7.4g
Fat, total (g)	24.5g	4.8g
- saturated (g)	14.7g	2.9g
Carbohydrate (g)	75.8g	14.7g
- sugars (g)	13.0g	2.5g
Sodium (mg)	822mg	159mg

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Cook the garlic rice

Finely chop the **garlic**. In a medium saucepan, melt the **butter** with a dash of **olive oil** over a medium heat. Add 1/2 the **garlic** and cook until fragrant, **1-2 minutes**. Add the **jasmine rice**, **water** and the **salt**, stir, then bring to the boil. Reduce the heat to low and cover with a lid. Cook for **12 minutes**, then remove from the heat and keep covered until the rice is tender and the water is absorbed, **10-15 minutes**.

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



## Get prepped

While the rice is cooking, finely grate the **ginger**. Thinly slice the **carrot** (unpeeled) into half-moons. Thinly slice the **capsicum** into strips. Roughly chop the **Asian greens**. Roughly chop the **coriander**. In a medium bowl, combine the **Southeast Asian spice blend** and a drizzle of **olive oil**. Add the **beef strips** and toss to coat.



## Cook the veggies

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Add the **carrot**, **capsicum** and a dash of **water** to the pan and cook, tossing, until tender, **4-5 minutes**. Add the **ginger**, remaining **garlic** and the **Asian greens** and cook until wilted, **1-2 minutes**. Transfer to a bowl.



## Cook the beef strips

Return the frying pan to a high heat with a drizzle of **olive oil**. When the oil is hot, cook the **beef strips**, in batches, tossing, until browned and cooked through, **1-2 minutes**. Transfer to a plate.

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



## Make the coconut sauce

Reduce the heat of the frying pan to medium-high, then add the **coconut milk**, **soy sauce** and **brown sugar** and cook, stirring, until reduced slightly, **2 minutes**. Return the **beef** and **veggies** to the pan and toss until heated through and well combined, **1 minute**.



## Serve up

Divide the garlic rice between bowls. Top with the Southeast Asian coconut beef stir-fry and garnish with the coriander.

**Enjoy!**