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## Steak and Brussels Sprout Stir-Fry

with Carrot, Ginger, and Jasmine Rice

Brussels sprouts and stir-fry may sound like an unlikely pair, but trust us, it works. The addition of this cruciferous veggie adds a seasonal flair to the dish—not to mention a hefty dose of iron and vitamins A and C. Feel free to add as much or as little jalapeño as you like. After all, you're the chef!



**Prep:** 10 min  
**Total:** 30 min



level 1



nut  
free



gluten  
free



dairy  
free



Jasmine  
Rice



Brussels  
Sprouts



Carrot



Scallions



Jalapeño  
Pepper



Ginger



Sirloin  
Tips



Lemon



Soy  
Sauce

## Ingredients

	2 People	4 People
Jasmine Rice	½ Cup	1 Cup
Brussels Sprouts	8 oz	16 oz
Carrot	1	2
Scallions	2	4
Jalapeño Pepper 	1	1
Ginger	1 Thumb	1 Thumb
Lemon	1	1
Sirloin Tips	12 oz	24 oz
Soy Sauce <sup>1)</sup>	2 TBSP	4 TBSP
Vegetable Oil*	1 tsp	2 tsp

\*Not Included

## Allergens

1) Soy

## Tools

Medium pot, Peeler, Large pan

**Nutrition per person** Calories: 540 cal | Fat: 9 g | Sat. Fat: 3 g | Protein: 47 g | Carbs: 65 g | Sugar: 9 g | Sodium: 889 mg | Fiber: 10 g

1



**1 Cook the rice:** Bring **1 cup salted water** to a boil in a medium pot. Once boiling, add **rice**. Cover and reduce heat to low. Simmer until tender, 15-20 minutes. Remove from heat until meal is ready.

2



**2 Prep: Wash and dry all produce.** Trim and quarter **Brussels sprouts** lengthwise. Peel and cut **carrot** on a diagonal into thin slices. Thinly slice **scallions**, keeping **whites** and **greens** separate. Thinly slice **jalapeño**, removing ribs and seeds if you prefer less heat. Peel and mince **ginger**. Halve **lemon**.

3



**3 Sear the steak:** Heat a drizzle of **vegetable oil** in a large pan over medium-high heat. Season **sirloin tips** on all sides with **salt** and **pepper**. Sear until browned, 1-2 minutes per side. Remove from pan and set aside.

4



**4 Start the stir-fry:** Add **Brussels sprouts**, **carrots**, and as much **jalapeño** as you like to same pan. Toss until **veggies** are just barely tender, 5-6 minutes.

**5 Finish the stir-fry:** Add **scallion whites** and **ginger**. Toss until **veggies** are softened, 3-5 minutes. Add **soy sauce**, **steak**, and a squeeze of **lemon**. Toss until **steak** is cooked to desired doneness, 2-3 minutes.

**6 Serve:** Fluff **rice** with a fork. Serve **stir-fry** on a bed of **rice**, top with **scallion greens**, and enjoy!

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