



STEAK STIR-FRY

with Chinese Five Spice Rice and Veggies



HELLO COURGETTE

Americans call this vegetable 'zucchini'.
It's flowers are also edible!



Chinese Five Spice



Basmati Rice



Red Pepper



Carrot



Courgette



Garlic Clove



Beef Steak Strips



Plain Flour



Desiccated Coconut



Soy Sauce



Mirin

MEAL BAG
3

30 mins

5 of your
5 a day

Little heat

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Measuring Jug, Large Saucepan** (with a **Lid**), **Coarse Grater, Fine Grater** (or **Garlic Press**), **Mixing Bowl** and **Frying Pan**. Now, let's get cooking!



1 COOK THE RICE

Boil the **water** (see ingredients for amount) in a large saucepan over high heat. Add a pinch of **salt** and **half** the **Chinese five spice**. When boiling, stir in the **rice**, lower the heat to medium and pop a lid on the pan. Cook for 10 mins, then remove from the heat and set aside (still covered) for another 10 mins.

★ **TIP:** The rice will finish cooking in its own steam.



2 PREP THE VEGGIES

Meanwhile, halve the **pepper** and discard the core and seeds. Chop into small pieces. Trim the **carrot**, then halve and grate on a coarse grater (no need to peel). Trim the **courgette**, quarter lengthways and chop widthways into small pieces. Peel and grate the **garlic** (or use a garlic press).



3 COAT THE STEAK

Pop the **steak strips** into a mixing bowl. Season with **salt** and **pepper** and sprinkle on the **plain flour**. Use your hands to make sure the **steak** has a light coating of **flour**. Keep to one side. **! IMPORTANT:** Remember to wash you hands and equipment after handling raw meat.



4 START THE STIR-FRY

Heat a frying pan over medium heat and add the **desiccated coconut**. Cook until golden, stirring frequently, 2-3 mins. Transfer to a small bowl and return the pan to high heat. Add a splash of **oil** and the **pepper** and **courgette**. Stir-fry until softened and browned at the edges, 4-5 mins. Transfer to a bowl (we will add them back in later).



5 FRY THE STEAK

Keep the frying pan on high heat and add another splash of **oil**. Add the **steak** and stir-fry until golden on all sides, 2-3 mins. Lower the heat to medium and add the **garlic** and the rest of the **five spice**. Cook for another minute then add the **soy sauce** and **mirin** to the pan. Simmer the **sauce** until starting to thicken, 2-3 mins.



6 FINISH AND SERVE

Return the cooked **veggies** to the pan and heat until piping hot, 1 minute. Fluff the **rice** up with a fork and stir through the grated **carrot**. Share between your plates and top with the **steak stir-fry**. Finish with a sprinkling of the **desiccated coconut**. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Water*	300ml	450ml	600ml
Chinese Five Spice	½ small pot	1 small pot	¾ large pot
Basmati Rice	150g	225g	300g
Red Pepper	1	1½	2
Carrot	1	1	2
Courgette	1	2	2
Garlic Clove	1	2	2
Beef Steak Strips	280g	420g	560g
Plain Flour 13)	1 pot	2 pots	2 pots
Desiccated Coconut	1 sachet	1 sachet	2 sachets
Soy Sauce 11) 13)	2 sachets	3 sachets	4 sachets
Mirin	1 sachet	2 sachets	2 sachets

*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 510G	PER 100G
Energy (kcal)	693	136
(kJ)	2897	568
Fat (g)	25	5
Sat. Fat (g)	16	3
Carbohydrate (g)	80	16
Sugars (g)	13	3
Protein (g)	34	7
Salt (g)	3.96	0.77

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

11) Soya 13) Gluten

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

THUMBS UP OR THUMBS DOWN?

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