

Sweet Chilli Seared Beef Bowl

with Garlic Rice & Sesame Veggies

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Carrot



Brown Onion



Snow Peas



Lemon



Ginger



Sweet Chilli Sauce



Oyster Sauce



Beef Strips



Mixed Sesame Seeds

 Hands-on: 30-40 mins
Ready in: 40-50 mins

Quick-cooking beef strips are the star of this speedy Asian stir-fry. Colourful veggies including snow peas and carrot add goodness plus a generous serve of oyster sauce, lemon juice and sweet chilli sauce combine into a sweet and savoury glaze that everyone will love!

Pantry items

Olive Oil, Butter, Soy Sauce

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	2 cloves	4 cloves
butter*	20g	40g
jasmine rice	1 packet	1 packet
water* (for the rice)	1¼ cups	2½ cups
salt*	¼ tsp	½ tsp
carrot	1	2
brown onion	½	1
snow peas	1 bag (100g)	1 bag (200g)
lemon	½	1
ginger	1 knob	2 knobs
sweet chilli sauce	1 packet (50g)	1 packet (100g)
oyster sauce	1 packet (45g)	1 packet (100g)
soy sauce*	1 tbs	2 tbs
water* (for the sauce)	2½ tbs	½ cup
beef strips	1 packet	1 packet
mixed sesame seeds	1 sachet	1 sachet

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2850kJ (681Cal)	650kJ (155Cal)
Protein (g)	37.6g	8.6g
Fat, total (g)	18.5g	4.2g
- saturated (g)	8.6g	2.0g
Carbohydrate (g)	87.5g	20.0g
- sugars (g)	22.4g	5.1g
Sodium (mg)	2140mg	489mg

Allergens

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

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



1 Make 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 the **garlic** and cook until fragrant, **1-2 minutes**. Add the **jasmine rice**, **water (for the rice)** 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!



4 Cook the beef

When the rice has **10 minutes** cook time remaining, heat a drizzle of **olive oil** in a large frying pan over a high heat. When the oil is hot, cook the **beef strips**, in batches, tossing, until browned and cooked through, **1-2 minutes**. Season with **salt** and **pepper** and transfer to a plate.

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



2 Get prepped

While the rice is cooking, cut the **carrot** (unpeeled) into half-moons. Thinly slice the **brown onion** (see ingredients). Trim and halve the **snow peas**. Zest the **lemon** to get a pinch, then slice into wedges. Finely grate the **ginger**.



5 Cook the veggies

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Add the **carrot** and **onion** and cook until tender, **4-5 minutes**. Add the **snow peas**, **lemon zest**, **mixed sesame seeds** and **ginger** and cook until the peas are tender, **1-2 minutes**. Season with **salt** and **pepper**. Reduce the heat to medium, then add the **sweet chilli sauce mixture**. Cook until heated through, **2 minutes**. Remove from the heat, then add a generous squeeze of **lemon juice**. Return the **beef strips** to the pan and toss until coated. Season with **pepper**.



3 Make the sauce

In a small bowl, combine the **sweet chilli sauce**, **oyster sauce**, **soy sauce** and **water (for the sauce)**. Set aside.



6 Serve up

Divide the garlic rice between bowls and top with the sweet chilli seared beef and sesame veggies. Spoon over any excess sweet chilli sauce in the pan. Serve with any remaining lemon wedges.

Enjoy!