



Teriyaki Beef & Broccoli Stir-Fry

with Garlic Rice

Grab your Meal Kit
with this symbol



Garlic



Basmati Rice



Ginger



Beef Strips



Carrot



Capsicum



Broccoli



Spring Onion



Teriyaki Sauce

Hands-on: 20 mins
Ready in: 25 mins

Make an easy beef and veggie stir-fry a little more special by serving it with mouth-watering garlic rice! Plus, using our delicious teriyaki sauce means you get a big helping of flavour with minimal effort. Enjoy your tasty and colourful creation!

Pantry items

Olive Oil, Butter, Honey, 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

	4 People
olive oil*	refer to method
garlic	2 cloves
butter*	40g
basmati rice	2 packets
water*	3 cups
salt*	½ tsp
ginger	1 knob
honey*	1½ tbs
soy sauce*	2 tbs
beef strips	1 packet
carrot	2
capsicum	1
broccoli	1 head
spring onion	1 bunch
teriyaki sauce	2 sachets (260g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2870kJ (685Cal)	617kJ (147Cal)
Protein (g)	36.7g	7.9g
Fat, total (g)	16.5g	3.6g
- saturated (g)	8.1g	1.8g
Carbohydrate (g)	90.4g	19.4g
- sugars (g)	27.2g	5.9g
Sodium (g)	1920mg	414mg

Allergens

Please visit HelloFresh.com.au/foodinfo for allergen information. If you have received a substitute ingredient, please be aware allergens may have changed. Always read product labels for the most up-to-date allergen information.



1. Cook the 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 the **garlic** and cook until fragrant, **1-2 minutes**. Add the **basmati rice**, **water** and the **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!



2. Flavour the beef

While the rice is cooking, finely grate the **ginger**. In a medium bowl, combine the **ginger**, **honey** and **soy sauce**. Add the **beef strips** and toss to coat. Set aside.



3. Prep the veggies

Thinly slice the **carrot** (unpeeled) into half-moons. Thinly slice the **capsicum**. Cut the **broccoli** into small florets and chop the stalk into small pieces. Thinly slice the **spring onion**.



4. Cook the veggies

In a large frying pan, heat a **drizzle** of **olive oil** over a medium-high heat. When the oil is hot, add the **carrot**, **capsicum** and **broccoli** and cook, stirring, until tender, **4-5 minutes**. Transfer to a medium bowl.

TIP: Add a splash of water to the pan to help the veggies cook faster!



5. Cook the beef

Return the frying pan to a high heat with a **drizzle** of **olive oil**. When the oil is hot, add **1/3** of the **beef** and cook, tossing, until browned and cooked through, **1-2 minutes**. Transfer to the bowl with the vegetables and repeat with the **remaining beef**. Return the **vegetables** and **beef** to the pan, add the **teriyaki sauce** and cook, stirring, until warmed through, **1 minute**.



6. Serve up

Divide the garlic rice between bowls and top with the teriyaki beef and broccoli stir-fry. Sprinkle the adults' portions with the spring onion.

Enjoy!