



Teriyaki Beef & Veggie Bowl

with Garlic Rice & Crushed Peanuts

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Ginger



Carrot



Broccolini



Asian Greens



Coriander



Teriyaki Sauce



Beef Strips



Crushed Peanuts

Hands-on: **30-40 mins**
Ready in: **35-45 mins**

Make a simple stir-fry a little more special by serving 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, Soy Sauce, Honey

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	3 cloves	6 cloves
butter*	20g	40g
basmati rice	1 packet	2 packets
water* (for the rice)	1½ cups	3 cups
salt*	¼ tsp	½ tsp
ginger	1 knob	2 knobs
carrot	1	2
broccolini	1 bunch	1 bunch
Asian greens	1 bunch	1 bunch
coriander	1 bunch	1 bunch
soy sauce*	1 tbs	2 tbs
teriyaki sauce	1 packet (65g)	1 packet (130g)
honey*	1½ tsp	1 tbs
water* (for the sauce)	1½ tbs	¼ cup
beef strips	1 packet	1 packet
crushed peanuts	1 packet	2 packets

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3020kJ (722Cal)	685kJ (164Cal)
Protein (g)	41.6g	9.4g
Fat, total (g)	23.2g	5.3g
- saturated (g)	9.2g	2.1g
Carbohydrate (g)	84.0g	19.0g
- sugars (g)	17.7g	4.0g
Sodium (mg)	1370mg	311mg

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** (or use a garlic press). 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 **basmati 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 **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!



4. Make the sauce

While the veggies are cooking, combine the **soy sauce**, **teriyaki sauce**, **ginger**, **honey**, **water (for the sauce)** and **remaining garlic** in a small bowl.



2. Get prepped

While the rice is cooking, finely grate the **ginger**. Thinly slice the **carrot** (unpeeled) into batons (or half-moons if you prefer!). Trim the **broccolini** and cut into thirds. Roughly chop the **Asian greens**. Roughly chop the **coriander**.



3. Cook the veggies

In a large frying pan, heat a **drizzle** of **olive oil** over a medium-high heat. Add the **carrot** and **broccolini** and cook until just tender, **4-5 minutes**. Add the **Asian greens** and cook until wilted, **1-2 minutes**. Season with a **pinch** of **salt** and **pepper** and transfer to a bowl. Cover to keep warm.



5. Cook the beef

Return the frying pan to a high heat with a **drizzle** of **olive oil**. When the oil is hot, add **1/2** the **beef strips** and cook, tossing, until browned and cooked through, **1-2 minutes**. Transfer to a plate and repeat with the **remaining beef strips**. Return the **beef** to the pan along with the **teriyaki mixture** and cook until bubbling, **1-2 minutes**.

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



6. Serve up

Divide the garlic rice between bowls. Top with the teriyaki beef and veggies. Spoon the excess teriyaki sauce from the pan over the beef. Garnish with the **crushed peanuts** and coriander.

Enjoy!