



Teriyaki Beef & Veggie Bowl

with Garlic Rice & Crushed Peanuts

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Ginger



Carrot



Baby Broccoli



Asian Greens



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	1 packet
water* (for the rice)	1½ cups	3 cups
salt*	¼ tsp	½ tsp
ginger	1 knob	2 knobs
carrot	1	2
baby broccoli	1 bunch	1 bunch
Asian greens	1 packet	1 packet
soy sauce*	1 tbs	2 tbs
teriyaki sauce	1 packet (65g)	1 packet (130g)
honey*	½ tbs	1 tbs
water* (for the sauce)	2 tbs	¼ cup
beef strips	1 packet	1 packet
crushed peanuts	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3138kJ (750Cal)	599kJ (143Cal)
Protein (g)	47.7g	9.1g
Fat, total (g)	25.1g	4.8g
- saturated (g)	8.2g	1.6g
Carbohydrate (g)	81.9g	15.6g
- sugars (g)	14.9g	2.8g
Sodium (mg)	1345mg	257mg

The quantities provided above are averages only.

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. Cook 1/2 the **garlic** 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 Prep the veggies

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



3 Cook the veggies

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **carrot** and **baby broccoli** until just tender, **4-5 minutes**. Add the **Asian greens** and cook until wilted, **1-2 minutes**. Season with **salt** and **pepper**, then 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, cook the **beef strips**, tossing, until browned and cooked through, **1-2 minutes**. Add the **teriyaki sauce mixture** and cook until bubbling, **1-2 minutes**.

TIP: Cook the meat in batches for best results.



6 Serve up

Divide the garlic rice between bowls. Top with the teriyaki beef and veggies. Spoon any remaining teriyaki sauce over the beef. Garnish with the **crushed peanuts**.

Enjoy!