

# Teriyaki Beef & Veggies

with Rapid Rice & Bamboo Shoots

Grab your Meal Kit with this symbol



Basmati Rice



Chicken-Style Stock Powder



Capsicum



Baby Broccoli



Garlic



Bamboo Shoots



Beef Strips



Teriyaki Sauce



Sweet Chilli Sauce



Mixed Sesame Seeds

### Keep an eye out...

Due to recent sourcing challenges, we've replaced Asian greens with baby broccoli, which may be a little different to what's pictured. Don't worry, your recipe will be just as delicious!

### Pantry items

Olive Oil, Soy Sauce

Hands-on: 10-20 mins  
Ready in: 20-30 mins

Calorie Smart

Glistening with a sticky sauce that's the perfect ratio of savoury to sweet, once you try this tender teriyaki beef recipe with crunchy bamboo shoots, you'll never go back to the takeaway version.

## 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 · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
basmati rice	1 packet	1 packet
chicken-style stock powder	1 sachet (10g)	2 sachets (20g)
capsicum	1	2
baby broccoli	1 bag	1 bag
garlic	2 cloves	4 cloves
bamboo shoots	1 medium tin	2 medium tins
beef strips	1 packet	1 packet
teriyaki sauce	1 packet (65g)	1 packet (130g)
sweet chilli sauce	1 packet (25g)	1 packet (50g)
soy sauce*	1 tbs	2 tbs
mixed sesame seeds	1 sachet	1 sachet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2691kJ (643Cal)	446kJ (107Cal)
Protein (g)	42.2g	7g
Fat, total (g)	12.4g	2.1g
- saturated (g)	3.8g	0.6g
Carbohydrate (g)	85.8g	14.2g
- sugars (g)	20.1g	3.3g
Sodium (mg)	1913mg	317mg

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](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## Cook the rapid rice

- Boil the kettle. Half-fill a medium saucepan with the boiling water.
- Add **basmati rice** and **chicken-style stock powder** and cook, uncovered, over a high heat until tender, **12 minutes**.
- Drain, then return **rice** to the saucepan.

3



## Stir-fry the beef & veggies

- In a large frying pan, heat a drizzle of **olive oil** over a high heat. When oil is hot, cook **beef strips** in batches, tossing, until browned and cooked through, **1-2 minutes**. Transfer to a plate.
- Return frying pan to a medium-high heat with a drizzle of **olive oil**. Stir-fry **capsicum** and **baby broccoli** until tender, **4-5 minutes**.
- Add **garlic** and **bamboo shoots** and cook until tender, **1-2 minutes**. Remove from heat.
- Return **beef** to the pan, then add **teriyaki sauce**, **sweet chilli sauce**, the **soy sauce** and a splash of **water**. Toss to combine.

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

2



## Get prepped

- While the rice is cooking, roughly chop **capsicum**. Trim **baby broccoli** and cut into 2cm pieces. Finely chop **garlic**. Drain **bamboo shoots**.

4



## Serve up

- Divide rapid rice between bowls. Top with teriyaki beef and veggies.
- Sprinkle over **mixed sesame seeds** to serve.

## Enjoy!