

# Southeast Asian Beef & Creamy Coconut Sauce with Rapid Rice & Veggies

Grab your Meal Kit with this symbol





Jasmine Rice



Vegetable Stock

Powder

Asian Greens

Carrot



Southeast Asian Spice Blend



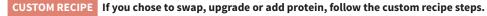
**Beef Strips** 

**Ginger Paste** 



Prep in: 15-25 mins Ready in: 25-35 mins Make a simple beef stir-fry a little more special by cooking it in a mouth-watering coconut sauce. Complete with our Southeast Asian spice blend lending a big hit of flavour (and with minimal effort), you'll be pleasantly surprised by all that this colourful creation has to offer!

Pantry items Olive Oil, Soy Sauce, Brown Sugar



## Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

### You will need

 ${\sf Medium\ saucepan} \cdot {\sf Large\ frying\ pan}$ 

### Ingredients

<b>J</b>		
	2 People	4 People
olive oil*	refer to method	refer to method
jasmine rice	1 packet	1 packet
vegetable stock powder	1 medium sachet	1 large sachet
Asian greens	1 bunch	2 bunches
carrot	1	2
courgette	1	2
Southeast Asian spice blend	1 medium sachet	1 large sachet
beef strips	1 small packet	2 small packets OR 1 large packet
ginger paste	1 medium packet	1 large packet
coconut milk	1 medium packet	2 medium packets
soy sauce*	1 tbs	2 tbs
brown sugar*	2 tsp	4 tsp
beef rump**	1 small packet	2 small packets OR 1 large packet

#### \*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2730kJ (652Cal)	449kJ (107Cal)
Protein (g)	39.7g	6.5g
Fat, total (g)	30.9g	5.1g
- saturated (g)	18.5g	3g
Carbohydrate (g)	79.9g	13.2g
- sugars (g)	11.9g	2g
Sodium (mg)	1222mg	201mg

#### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2747kJ (657Cal)	434kJ (104Cal)
Protein (g)	42.9g	6.8g
Fat, total (g)	30.1g	4.8g
- saturated (g)	19.2g	3g
Carbohydrate (g)	79.9g	12.6g
- sugars (g)	11.9g	1.9g
Sodium (mg)	1246mg	197mg

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.

#### We're here to help! Scan here if you have any questions or concerns 2024 | CW08



### Get prepped

- Boil the kettle. Half-fill a medium saucepan with boiling water. Add **jasmine** rice, vegetable stock powder and a pinch of salt and cook, uncovered, over high heat until tender, 12-14 minutes.
- Drain rice, rinse with warm water and set aside.
- Meanwhile, roughly chop **Asian greens**. Thinly slice **carrot** and **courgette** into half-moons.
- In a medium bowl, combine **Southeast Asian spice blend** and a drizzle of **olive oil**. Add **beef strips** and toss to coat.

**Little cooks:** *Kids can help toss the beef strips in the seasoning.* 



## Bring it all together

- Add **ginger paste**, **coconut milk**, the **soy sauce** and the **brown sugar** and cook, stirring, until reduced slightly, **2-3 minutes**.
- Return beef to the pan and toss until heated through and well combined, 1 minute.

**Custom Recipe:** Slice the beef rump before returning to the pan with the veggies.



## Cook the beef & veggies

- In a large frying pan, heat a drizzle of **olive oil** over high heat. When oil is hot, cook **beef strips** in batches, tossing, until browned and cooked through,
  **1-2 minutes**. Transfer to a bowl.
- Return the frying pan to medium heat with a drizzle of **olive oil**. Cook **carrot** and **courgette** until tender, **4-5 minutes**.
- Add Asian greens and cook until wilted, 1-2 minutes.

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

**Custom Recipe:** If you've upgraded to beef rump, season beef with salt and pepper. Heat the pan as above. When oil is hot, cook the beef rump for 2-3 minutes on each side (depending on thickness), or until cooked to your liking. Transfer to a plate to rest and continue with step.



## Serve up

- Divide rapid rice between bowls. Top with Southeast Asian beef and veggies.
- Spoon over creamy coconut sauce from the pan to serve. Enjoy!

### Rate your recipe

Did we make your tastebuds happy? Let our culinary team know: hellofresh.co.nz/rate