



Asian-Style Sichuan Beef & Garlic Rice

with Veggies, Roasted Cashews & Fried Egg

TAKEAWAY FAVES



Grab your Meal Kit with this symbol



Garlic Paste



Basmati Rice



Green Beans



Capsicum



Onion



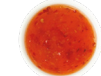
Beef Mince



Sweet Soy Seasoning



Ginger Paste



Sweet Chilli Sauce



Sichuan Garlic Paste



Crushed Roasted Cashews



Pork Mince

Prep in: 25-35 mins
Ready in: 30-40 mins

Are you ready, because when these flavours collide in a sticky sauce of sweet chilli, Sichuan garlic paste and sweet soy seasoning, demand for seconds will increase ten-fold. We're cooking beef mince in a mouth-watering sauce to blend perfectly with a garlic rice and veggies. Break into the fried egg to really bring this dish into the number one spot in your dinner repertoire.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter, Sesame Oil, Eggs

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

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
butter*	20g	40g
garlic paste	1 large packet	2 large packets
basmati rice	1 medium packet	1 large packet
water*	1½ cups	3 cups
green beans	1 small packet	1 medium packet
capsicum	1	2
onion	½	1
beef mince	1 medium packet	2 medium packets OR 1 large packet
sweet soy seasoning	1 sachet	2 sachets
ginger paste	1 medium packet	1 large packet
sweet chilli sauce	1 small packet	1 medium packet
Sichuan garlic paste	½ packet	1 packet
sesame oil*	1 tsp	2 tsp
eggs*	2	4
crushed roasted cashews	1 packet	2 packets
pork mince**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4121kJ (985Cal)	830kJ (198Cal)
Protein (g)	46.6g	9.4g
Fat, total (g)	45.8g	9.2g
- saturated (g)	17.4g	3.5g
Carbohydrate (g)	92.4g	18.6g
- sugars (g)	14.1g	2.8g
Sodium (mg)	1466mg	295mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3830kJ (915Cal)	771kJ (184Cal)
Protein (g)	42.4g	8.5g
Fat, total (g)	41.3g	8.3g
- saturated (g)	14.5g	2.9g
Carbohydrate (g)	92.4g	18.6g
- sugars (g)	14.1g	2.8g
Sodium (mg)	1486mg	299mg

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 | CW11



1



Make the garlic rice

- In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat. Cook half the **garlic paste** until fragrant, **1-2 minutes**.
- Add **basmati rice**, the **water** and a generous pinch of **salt**, stir, then bring to the boil.
- Reduce heat to low and cover with a lid. Cook for **10 minutes**, then remove from heat and keep covered until rice is tender and water is absorbed, **10 minutes**.

TIP: The rice will finish cooking in its own steam so don't peek!

3



Cook the beef

- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **beef mince** and **onion**, breaking up with a spoon, until just browned, **4-5 minutes**.
- Add **sweet soy seasoning**, **ginger paste** and remaining **garlic paste** and cook, stirring, until fragrant, **1 minute**.
- Reduce heat to medium, add **sweet chilli sauce**, **Sichuan garlic paste** (**see ingredients**), the **sesame oil** and a splash of **water** and toss until well combined, **1 minute**. Transfer to a bowl and cover to keep warm.

Custom Recipe: If you've swapped to pork mince, heat frying pan over high heat with a drizzle of olive oil. Cook pork mince and onion, breaking up with a spoon, until just browned, 3-4 minutes. Continue with recipe.

2



Get prepped

- Meanwhile, trim and halve **green beans**. Thinly slice **capsicum**. Roughly chop **onion** (**see ingredients**).
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **green beans** and **capsicum** until tender, **4-5 minutes**. Season to taste.
- Transfer to a bowl and cover to keep warm.

4



Serve up

- Wipe out frying pan and return to high heat with a drizzle of olive oil. When oil is hot, crack the **eggs** into the pan. Cook until egg whites are firm and yolks are cooked to your liking, **2-3 minutes**.
- Divide garlic rice between bowls.
- Top with veggies, Asian Sichuan beef and a fried egg. Garnish with **crushed roasted cashews**. Enjoy!

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