



Easy Sweet Soy Beef & Veggie Stir-Fry

with Corn-Studded Rice & Crispy Shallots

KID FRIENDLY

Grab your meal kit with this number

2



Garlic



Sweetcorn



Jasmine Rice



Carrot



Shredded Cabbage Mix



Beef Mince



Sweet Soy Seasoning



Sweet Chilli Sauce



Soy Sauce Mix



Parsley



Crispy Shallots



Beef Mince



Peeled Prawns

Prep in: 15-25 mins
Ready in: 30-40 mins

A beef stir-fry isn't complete without veggies and a sticky dark sauce. Make sure it coats everything, because this stir-fry sauce is addictive. You'll need fluffy rice to help soak it up so nothing is left in the bowl when you're done.

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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
garlic	2 cloves	4 cloves
sweetcorn	1 medium tin	1 large tin
butter*	20g	40g
water*	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
carrot	1	2
shredded cabbage mix	1 medium packet	1 large packet
beef mince	250g	500g
sweet soy seasoning	1 sachet	2 sachets
sweet chilli sauce	1 large packet	2 large packets
soy sauce mix	1 medium packet	2 medium packets
sesame oil*	1 tsp	2 tsp
vinegar* (white wine or rice wine)	1 tsp	2 tsp
parsley	1 packet	1 packet
crispy shallots	1 medium sachet	1 large sachet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3090kJ (739Cal)	535kJ (128Cal)
Protein (g)	37.3g	6.5g
Fat, total (g)	36.1g	6.2g
- saturated (g)	15.7g	2.7g
Carbohydrate (g)	56.8g	9.8g
- sugars (g)	23.4g	4g
Sodium (mg)	1280mg	221mg
Dietary Fibre (g)	6.1g	1.1g

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

2026 | CW01



Cook the corn rice

- Finely chop **garlic**. Drain the **sweetcorn**. Heat a medium saucepan over high heat. Cook **sweetcorn** until lightly browned, **4-5 minutes**.
- Reduce heat to medium, then add the **butter**, a dash of **olive oil** and half the **garlic** and cook until fragrant, **1-2 minutes**.
- Add the **water** and a generous pinch of **salt** to the pan and bring to the boil.
- Add **jasmine rice**, stir, cover with a lid and reduce heat to low.
- Cook for **12 minutes**, then remove from heat and keep covered until rice is tender and water is absorbed, **10-15 minutes**.

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



Stir-fry the beef

- When the rice has **10 minutes** remaining, return the frying pan to medium-high heat with a drizzle of **olive oil**.
- Stir-fry **beef mince** and **sweet soy seasoning**, breaking up with a spoon, until just browned, **4-5 minutes**.
- Remove pan from heat, then return **veggies** to the pan, along with **sweet chilli sauce**, **soy sauce mix**, the **sesame oil** and **vinegar**. Toss to combine.



Cook the veggies

- Thinly slice the **carrot** into rounds.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **carrot**, **shredded cabbage mix** and the remaining **garlic** until tender, **4-5 minutes**. Transfer to a bowl and cover to keep warm.



Finish & serve

- Divide corn-studded rice between bowls.
- Top with sweet soy beef and veggie stir-fry.
- Tear over **parsley** and sprinkle with **crispy shallots** to serve. Enjoy!

Little cooks: Add the finishing touch by sprinkling over the garnishes!

CUSTOM OPTIONS



BEEF MINCE:

Follow method above.



PEELED PRAWNS:

Cook, tossing, until pink and starting to curl up, 3-4 minutes. Add to stir-fry.

SCAN CODE FOR FULL STEPS AND NUTRITION INFO

