



Sichuan Beef & Pea Pod Stir-Fry

with Garlic Rice & Crispy Shallots

HIGHEST RATED

Grab your meal kit
with this number

41



Garlic Paste



Jasmine Rice



Pea Pods



Carrot



Sichuan Garlic
Paste



Sriracha



Beef Strips



Crispy Shallots



Beef
Strips



Chicken
Breast

Prep in: 20-30 mins
Ready in: 25-35 mins

This easy meal showcases tender beef strips with bold Sichuan garlic paste, sriracha, honey and soy, delivering savoury, sweet and a little spices all in one bite. Paired with aromatic garlic rice, this flavour-packed dish is perfect for a weeknight dinner or a special treat!

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
butter*	20g	40g
garlic paste	1 medium packet	1 large packet
water*	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
pea pods	1 packet	2 packets
carrot	1	2
Sichuan garlic paste	1 packet	2 packets
sriracha	1 medium packet	2 medium packets
soy sauce*	1 tbsp	2 tbsp
honey*	½ tsp	1 tsp
beef strips	250g	500g
crispy shallots	1 medium sachet	1 large sachet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2610kJ (624Cal)	492kJ (118Cal)
Protein (g)	35.2g	6.6g
Fat, total (g)	28.9g	5.4g
- saturated (g)	11.6g	2.2g
Carbohydrate (g)	54.7g	10.3g
- sugars (g)	20.2g	3.8g
Sodium (mg)	1250mg	235mg
Dietary Fibre (g)	3.2g	0.6g

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 | CW05



1



Cook the rice

- In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat. Cook **garlic paste** until fragrant, **1-2 minutes**.
- Add the **water** and a generous pinch of **salt** to 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!

TIP: Cover the pan with a lid if the garlic paste starts to spatter!

3



Cook the beef

- When the rice has **5 minutes** remaining, discard any liquid from **beef strips** packaging. Return frying pan to high heat with a drizzle of **olive oil**.
- When oil is hot, add **beef strips** and cook, tossing occasionally, until browned and cooked through, **1-2 minutes**.
- Add **Sichuan mixture**, tossing to coat, **1-2 minutes**.

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

CUSTOM OPTIONS



BEEF STRIPS:

Follow method above, cooking in batches if necessary.



CHICKEN BREAST:

Cut into 2cm chunks. Cook until cooked through, 5-6 minutes. Continue with recipe.

2



Get prepped

- Meanwhile, trim **pea pods**. Thinly slice the **carrot** into half-moons.
- In a small bowl, combine **Sichuan garlic paste**, **sriracha**, the **soy sauce**, **honey** and a splash of **water**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Add **pea pods** and **carrot** and cook until tender, **5-6 minutes**.
- Season to taste with **salt** and **pepper**, transfer to a bowl and cover to keep warm.

TIP: Sriracha is slightly spicy, use less if you're sensitive to heat.

4



Finish & serve

- Divide garlic rice between bowls.
- Top with Sichuan beef and pea pod stir-fry.
- Spoon over any remaining sauce from the pan.
- Garnish with **crispy shallots** to serve. Enjoy!

SCAN CODE FOR FULL STEPS AND NUTRITION INFO

