



# Sweet Chilli Beef & Garlic Rice

with Veggies, Crushed Peanuts & Fried Egg

TAKEAWAY FAVES

Grab your meal kit with this number

57



Garlic



Basmati Rice



Green Beans



Carrot



Onion



Beef Mince



Sweet Soy Seasoning



Ginger Paste



Sweet Chilli Sauce



Sriracha



Crushed Peanuts



Beef Mince



Pork Mince

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

Are you ready, because when these flavours collide in a sticky mix of sweet chilli, sriracha 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 flavourful garlic rice and veggies. Break into the fried egg to really bring this dish into the number one spot of your dinner repertoire.

## 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
<b>olive oil*</b>	refer to method	refer to method
garlic	2 cloves	4 cloves
<b>butter*</b>	20g	40g
basmati rice	1 medium packet	1 large packet
<b>water*</b>	1½ cup	3 cups
green beans	1 small packet	1 medium packet
carrot	1	2
onion	½	1
beef mince	250g	500g
sweet soy seasoning	1 sachet	2 sachets
ginger paste	1 medium packet	1 large packet
sweet chilli sauce	1 medium packet	2 medium packets
sriracha	1 medium packet	2 medium packets
<b>sesame oil*</b>	½ tsp	1 tsp
<b>eggs*</b>	2	4
crushed peanuts	1 packet	2 packets

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2960kJ (707Cal)	789kJ (189Cal)
Protein (g)	39.4g	10.5g
Fat, total (g)	23.2g	6.2g
- saturated (g)	8.9g	2.4g
Carbohydrate (g)	81.2g	21.7g
- sugars (g)	14.5g	3.9g
Sodium (mg)	847mg	226g
Dietary Fibre (g)	5.8g	1.5g

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

1



## Make the garlic rice

- Finely chop **garlic**.
- In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat. Cook half the **garlic** 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** and cook, stirring until fragrant, **1 minute**.
- **SPICY!** Use less **sriracha** if you're sensitive to heat! Reduce heat to medium, add **sweet chilli sauce**, **sriracha**, the **sesame oil** and a splash of **water** and toss until well combined, **1 minute**. Transfer to a bowl. Cover to keep warm.

2



## Get prepped

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

4



## Finish & serve

- 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 liking, **2-3 minutes**.
- Divide garlic rice between bowls.
- Top with veggies, sweet chilli beef and a fried egg.
- Garnish with **crushed peanuts** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2026 | CW08



CUSTOM  
OPTIONS



**BEEF MINCE:**

Follow method above.



**PORK MINCE:**

Follow method above.

SCAN CODE FOR  
FULL STEPS AND  
NUTRITION INFO

