



CHINESE BEEF & VEGGIE STIR-FRY

with Jasmine Rice



Marinate beef with ginger for extra tender results



Ginger



Garlic



Kecap Manis



Beef Strips



Broccoli



Red Capsicum



Carrot



Jasmine Rice



Sesame Seeds



Chilli Flakes (Optional)

Hands-on: **25 mins**
Ready in: **35 mins**
Spicy (optional chilli flakes)

This beef stir-fry is infused with kecap manis and ginger, so it's got a great savoury and zingy flavour. Ginger also helps tenderise the meat, as well as adding an unmistakable pop. Of course, you can dial it back if zingy isn't your thing.

Pantry Staples: Olive Oil, Soy Sauce, Rice Wine Vinegar (or White Wine Vinegar)

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **medium saucepan** with a **lid**
- **large frying pan**



1 MARINATE THE BEEF

Finely grate the **ginger**. Finely grate the **garlic** (or use a garlic press). In a medium bowl, combine the ginger, garlic, **kecap manis** (see ingredients list), **soy sauce** and **rice wine vinegar**. Add the **beef strips**, toss to coat and set aside to marinate. **TIP:** *If you have the time, allow the beef to marinate for at least **10 minutes** to develop the flavour and ensure a tender result.*



2 GET PREPPED

While the beef is marinating, slice the **carrot** (unpeeled) into 0.5cm batons. Thinly slice the **red capsicum**. Chop the **broccoli** florets and stalk into small pieces.



3 COOK THE RICE

In a medium saucepan, bring the **water (for the rice)** to the boil. Add the **jasmine rice**, stir, reduce the heat to low and cover with a lid. Cook for **12 minutes**, or until the rice is tender. Remove the pan from the heat and keep covered for another **10-15 minutes**, or until the water is absorbed.

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



4 COOK THE BEEF

While the rice is cooking, heat a large frying pan over a medium-high heat. Add the **sesame seeds** and toast, tossing, for **3-4 minutes**, or until golden. Transfer to a small bowl. Return the pan to a high heat with a **drizzle of olive oil**. Add **1/3 the beef strips** to the pan and cook, tossing, for **1-2 minutes**, or until browned. Transfer to a plate. Repeat with the remaining beef strips.



5 COOK THE VEGGIES

Wash out the pan and return to a medium-high heat with a **drizzle of olive oil**. Add the **carrot**, **red capsicum**, **broccoli** and a **dash of water** and cook for **7-8 minutes**, or until all the veggies are just tender. Add the **water (for the sauce)** and **beef strips** to the pan and cook, stirring, for **1-2 minutes** or until heated through.



6 SERVE UP

Divide the jasmine rice and Chinese beef & veggie stir-fry between bowls. Spoon over any sauce left in the pan. Top with the toasted sesame seeds and sprinkle the **chilli flakes** (if using) over the adult portions.

TIP: *For kids, follow our serving suggestion in the main photo!*

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
ginger	1 knob
garlic	2 cloves
kecap manis	½ cup
soy sauce*	3 tbs
rice wine vinegar* (or white wine vinegar)	2 tsp
beef strips	1 packet
carrot	1
red capsicum	1
broccoli	1 head
water* (for the rice)	2½ cups
jasmine rice	2 packets
sesame seeds	1 sachet
water* (for the sauce)	¼ cup
chilli flakes (optional)	pinch

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2895kJ (692Cal)	688kJ (164Cal)
Protein (g)	43.7g	10.4g
Fat, total (g)	11.7g	2.8g
- saturated (g)	3.8g	0.9g
Carbohydrate (g)	98.8g	23.5g
- sugars (g)	29.5g	7.0g
Sodium (g)	1340mg	318mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589

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