



# CHINESE GARLIC BEEF & SNOW PEA STIR-FRY

with Crushed Peanuts



Cook beef in batches  
for a tender result



Basmati Rice



Ginger



Garlic



Long Red Chilli  
(Optional)



Beef Strips



Courgette



Carrot



Snow Peas



Oyster Sauce



Crushed Peanuts

Hands-on: **30-40** mins  
Ready in: **35-45** mins  
Spicy (optional long red chilli)

If you're a long-time lover of the signature mix of sweet, spicy and salty, then you're going to go nuts for this stir-fry. Combine lightly marinated beef with courgette, carrot and crisp snow peas for an array of flavours and textures.

**Pantry Staples:** Olive Oil, Soy Sauce, Brown Sugar

# 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 wok** or **frying pan**



## 1 COOK THE RICE

In a medium saucepan, bring the **water (for the rice)** to the boil. Add the **basmati rice**, stir, cover with a lid and reduce the heat to low. Cook for **10 minutes**, then remove the pan from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**. **TIP:** *The rice will finish cooking in its own steam so don't peek!*



## 2 FLAVOUR THE BEEF

While the rice is cooking, finely grate the **ginger** and **garlic** (or use a garlic press). Thinly slice the **long red chilli** (if using). In a medium bowl, combine the **beef strips**, **1/2 the ginger**, **1/2 the garlic**, **1/2 the chilli** (if using) and a **drizzle of olive oil**. Toss to coat and set aside.



## 3 GET PREPPED

Cut the **courgette** into 2cm chunks. Thinly slice the **carrot** (unpeeled) into half-moons. Trim the **snow peas**.



## 4 COOK THE BEEF

In a large wok or frying pan, heat a **drizzle of olive oil** over a high heat. When the **oil** is hot, add **1/2 the beef strips** and cook, tossing, until browned, **1-2 minutes**. Transfer to a plate. Repeat with the **remaining beef strips**. **TIP:** *Cooking the beef in batches on a high heat prevents the meat from stewing and helps ensure a tender result.*



## 5 COOK THE VEGGIES

In a small bowl, combine the **oyster sauce**, **soy sauce**, **brown sugar** and **water (for the sauce)**. Return the wok or frying pan to a medium-high heat with a **drizzle of olive oil**. Add the **courgette** and **carrot** and cook until slightly softened, **2 minutes**. Add the **snow peas** and the **remaining ginger**, **garlic** and **chilli** (if using) and cook until fragrant, **1 minute**. Add the **oyster sauce mixture** and cook, stirring, until slightly thickened, **1-2 minutes**. Return the **beef strips** to the pan and toss together until warmed through.



## 6 SERVE UP

Divide the rice and Chinese garlic beef and snow pea stir-fry between bowls. Sprinkle with the **crushed peanuts**.

# ENJOY!

# 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
water* (for the rice)	1½ cups	3 cups
basmati rice	1 packet	2 packets
ginger	1 knob	2 knobs
garlic	2 cloves	4 cloves
long red chilli (optional)	1	2
beef strips	1 packet	2 packets
courgette	1	2
carrot	1	2
snow peas	1 bag (100g)	1 bag (200g)
oyster sauce	1 packet (45g)	1 packet (100g)
soy sauce*	4 tsp	2½ tbs
brown sugar*	4 tsp	2½ tbs
water* (for the sauce)	4 tsp	2½ tbs
crushed peanuts	1 packet	2 packets

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2850kJ (682Cal)	538kJ (128Cal)
Protein (g)	46.1g	8.7g
Fat, total (g)	15.3g	2.9g
- saturated (g)	4.2g	0.8g
Carbohydrate (g)	85.9g	16.2g
- sugars (g)	20.1g	3.8g
Sodium (g)	1730mg	327mg

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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