

# Indonesian-Style Beef & Stir-Fry Veggies

with Fried Egg & Peanuts

Grab your Meal Kit with this symbol



Jasmine Rice



Carrot



Celery



Green Beans



Garlic



Spring Onion



Hoisin Sauce



Ginger Paste



Crushed Peanuts



Beef Mince

 **Recipe Update**

The recent wet and cold weather across New Zealand has impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Prep in: **20-30 mins**  
Ready in: **30-40 mins**

Everyone loves a stir-fry, but when you add a rainbow of veggies, sweet-soy beef mince and lots of aromatic flavours, this winner dish becomes even more beloved. With crunchy peanuts and fluffy jasmine rice, this meal is a guaranteed crowd-pleaser.

### Pantry items

Olive Oil, Sesame Oil, Soy Sauce, Rice Wine Vinegar, Eggs

## Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

## 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
<b>water*</b>	1¼ cups	2½ cups
jasmine rice	1 packet	1 packet
carrot	1	2
celery	1 stalk	2 stalks
spring onion	1 stem	2 stems
green beans	1 bag (100g)	1 bag (200g)
garlic	2 cloves	4 cloves
hoisin sauce	1 packet (75g)	2 packets (150g)
ginger paste	1 medium packet	1 large packet
<b>sesame oil*</b>	1 tsp	2 tsp
<b>soy sauce*</b>	1 tbs	2 tbs
<b>rice wine vinegar*</b>	½ tbs	1 tbs
beef mince	1 packet	1 packet
<b>eggs*</b>	2	4
crushed peanuts	1 packet	2 packets

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3933kJ (940Cal)	685kJ (163Cal)
Protein (g)	51.4g	9g
Fat, total (g)	40.7g	7.1g
- saturated (g)	12g	2.1g
Carbohydrate (g)	87.6g	15.3g
- sugars (g)	16.4g	2.9g
Sodium (mg)	1244mg	217mg

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.



## Cook the rice

- Add the **water** to a medium saucepan and bring to the boil over high heat.
- Add **jasmine rice**, stir, cover with a lid and reduce heat to low.
- Cook for **12 minutes**, then remove pan 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!



## Cook the beef

- Meanwhile, combine **hoisin sauce**, **ginger paste**, the **sesame oil**, **soy sauce**, **rice wine vinegar** and remaining **garlic** in a small bowl.
- Return frying pan to high heat with a drizzle of **olive oil**. Cook **beef mince**, breaking up with a spoon, until just browned, **3-4 minutes**.
- Add **hoisin sauce mixture** and cook, tossing, until slightly reduced, **1 minute**. Transfer to a bowl and cover to keep warm.

**Little cooks:** Take charge by combining the sauce ingredients!



## Get prepped

- While the rice is cooking, thinly slice **carrot** into half-moons. Thinly slice **celery** and **spring onion**.
- Trim and halve **green beans**. Finely chop **garlic**.



## Fry the eggs

- Wipe out the frying pan and return to high heat with a drizzle of **olive oil**.
- When oil is hot, crack **eggs** into pan and cook until egg whites are firm and yolks are cooked to your liking, **2-3 minutes**.

**TIP:** This will give a soft yolk, fry for 6-7 minutes to get a hard yolk.



## Stir-fry the veggies

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Stir-fry **carrot**, **celery** and **green beans** until tender, **5-6 minutes**.
- Add 1/2 the **garlic**. Cook until fragrant, **1 minute**. Transfer to a bowl and cover to keep warm.



## Serve up

- Divide jasmine rice between bowls. Top with Indonesian-style beef, stir-fry veggies and a fried egg.
- Garnish with **crushed peanuts** and spring onion to serve. Enjoy!

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

## We're here to help!

Scan here if you have any questions or concerns

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