



# Mild Ginger & Coconut Beef

with Greens & Garlic Rice

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Baby Broccoli



Asian Greens



Makrut Lime Leaves



Lemon



Beef Strips



Ginger & Lemongrass Paste



Coconut Milk



Roasted Peanuts

Hands-on: **15-25 mins**  
Ready in: **30-40 mins**

Asian-inspired cuisine comes together in a flash tonight. The secret? We've doubled up on superstar ingredients, with an aromatic ginger-lemongrass coconut sauce and garlic rice so it smells and tastes like a tropical holiday.

### Pantry items

Olive Oil, Butter, Soy Sauce, Brown Sugar

## 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
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
butter*	20g	40g
water*	1 ½ cups	3 cups
basmati rice	1 packet	1 packet
baby broccoli	1 bag	1 bag
Asian greens	1 bag	2 bags
makrut lime leaves	2 leaves	4 leaves
lemon	½	1
beef strips	1 packet	1 packet
ginger & lemongrass paste	1 packet	1 packet
coconut milk	1 tin (165ml)	1 tin (400ml)
soy sauce*	2 tbs	¼ cup
brown sugar*	½ tbs	1 tbs
roasted peanuts	1 packet	2 packets

\*Pantry items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3564kJ (852Cal)	650kJ (155Cal)
Protein (g)	45.1g	8.2g
Fat, total (g)	39.7g	7.2g
- saturated (g)	20.6g	3.8g
Carbohydrate (g)	70.5g	12.9g
- sugars (g)	6.5g	1.2g
Sodium (mg)	966mg	176mg

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.

If you have any questions or concerns, please visit [hellofresh.co.nz/contact](https://hellofresh.co.nz/contact)

2022 | CW07

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## Cook the garlic rice

- Finely chop **garlic**.
- In a medium saucepan, heat the **butter** with a dash of **olive oil** over a medium heat.
- Cook 1/2 the **garlic** until fragrant, **1-2 minutes**. Add the **water**, **basmati rice** 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!

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## Make the curry

- Return the frying pan to a medium heat with a drizzle of **olive oil**. Cook **baby broccoli** until just tender, **3-4 minutes**.
- Add **ginger & lemongrass paste**, **makrut lime** and remaining **garlic** and cook until fragrant, **1 minute**.
- Add **coconut milk**, the **soy sauce** and the **brown sugar**. Reduce heat to medium-low and simmer until slightly reduced, **3-4 minutes**.
- Stir **Asian greens** through sauce and cook until just wilted, **1-2 minutes**. Add a squeeze of **lemon juice**, then return **beef** (plus any resting juices) to the pan and stir to combine.

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## Get prepped & cook the beef

- Meanwhile, trim and halve **baby broccoli**. Roughly chop **Asian greens**. Remove centre veins from **makrut lime leaves**, then very finely chop. Slice **lemon** into wedges.
- In a large frying pan, heat a drizzle of **olive oil** over a high heat. When oil is hot, cook **beef strips** in batches until browned and cooked through, **1-2 minutes**. Transfer to a plate.

**TIP:** The makrut lime leaves are fibrous so you want to finely chop them!

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

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## Serve up

- Divide garlic rice between bowls, then top with ginger and coconut beef.
- Garnish with **roasted peanuts** and serve with any remaining lemon wedges.

## Enjoy!