



Sesame Beef & Broccoli Stir-Fry

with Garlic Rice & Crispy Shallots

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Brown Onion



Broccoli



Carrot



Sesame Seeds



Teriyaki Sauce



Beef Strips



Crispy Shallots

Hands-on: 15-25 mins
Ready in: 25-35 mins

Spice up your night (and your tastebuds!) with this speedy stir-fry sensation that's sure to delight all the hungry eaters. Tender beef coated in a sesame-soy marinade is the star of the show, supported by an array of colourful veggies and a smattering of crispy shallots, the bowls are sure to be empty in minutes!

Pantry items

Olive Oil, Butter, Soy Sauce

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
jasmine rice	1 packet	1 packet
water* (for the rice)	1¼ cups	2½ cups
salt*	¼ tsp	½ tsp
brown onion	1 (medium)	1 (large)
broccoli	1 head	2 heads
carrot	1	2
sesame seeds	1 sachet	2 sachets
teriyaki sauce	1 packet (65g)	1 packet (130g)
water* (for the sauce)	1 tbs	2 tbs
soy sauce*	1 tbs	2 tbs
beef strips	1 packet	1 packet
crispy shallots	1 packet	1 packet

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3240kJ (773Cal)	608kJ (145Cal)
Protein (g)	45.0g	8.5g
Fat, total (g)	26.8g	5.0g
- saturated (g)	10.9g	2.1g
Carbohydrate (g)	81.6g	15.3g
- sugars (g)	15.7g	3.0g
Sodium (mg)	1450mg	273mg

Allergens

Always read product labels for the most up-to-date allergen information.

Visit 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 garlic rice

Finely chop the **garlic**. In a medium saucepan, melt the **butter** with a dash of olive oil over a medium heat. Add 1/2 the **garlic** and cook until fragrant, **1-2 minutes**. Add the **jasmine rice**, **water (for the rice)** and the **salt**, stir, then bring to the boil. Reduce the heat to low and cover with a lid. Cook for **12 minutes**, then remove from the heat and keep covered until the rice is tender and the water is absorbed, **10-15 minutes**.

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



Get prepped

While the rice is cooking, thinly slice the **brown onion**. Cut the **broccoli** into small florets, then roughly chop the stalk. Thinly slice the **carrot** (unpeeled) into half-moons. Heat a large frying pan over a medium-high heat. Add the **sesame seeds** and toast, tossing, until golden, **3-4 minutes**. Transfer to a bowl.



Cook the veggies

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Add the **onion**, **broccoli** and **carrot** and cook until tender, **6-7 minutes**. Transfer the **veggies** to a medium bowl. In a small bowl, combine the **teriyaki sauce**, **water (for the sauce)** and **soy sauce**. Set aside.



Cook the beef

Return the frying pan to a high heat with a drizzle of **olive oil**. When the oil is hot, cook the **beef strips**, tossing, until browned and cooked through, **1-2 minutes** (cook in batches if your pan is getting crowded). Reduce the heat to low, then add the remaining **garlic** and season with **pepper**. Cook until fragrant, **1 minute**. Transfer to a plate.



Bring it all together

Reduce the heat of the frying pan to medium, then return the **beef strips** and **veggies** to the pan. Pour in the **teriyaki sauce mixture** and 1/2 the toasted **sesame seeds**. Stir until everything is well coated and warmed through, **1 minute**. Season to taste.



Serve up

Divide the garlic rice between bowls. Top with the sesame beef and broccoli stir-fry. Sprinkle over the remaining toasted sesame seeds. Garnish with the **crispy shallots**.

Enjoy!