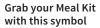


# Southeast Asian Beef & Creamy Coconut Sauce

with Veggies & Rapid Rice











Vegetable Stock









Courgette

Southeast Asian Spice Blend

Ginger Paste

Asian Greens

Carrot



Makrut Lime



**Beef Strips** 





Coconut Milk



Olive Oil, Soy Sauce, Brown Sugar



Make a simple beef stir-fry a little more special by cooking it in a mouth-watering coconut sauce. Complete with our Southeast Asian spice blend lending a big hit of flavour (and with minimal effort), you'll be pleasantly surprised by all that this colourful creation has to offer!

### 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

 ${\sf Medium\ saucepan\cdot Large\ frying\ pan}$ 

# Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
jasmine rice	1 packet	1 packet
vegetable stock pot	1 medium packet	1 large packet
garlic	2 cloves	4 cloves
Asian greens	1 bag	2 bags
carrot	1	2
courgette	1	2
makrut lime leaves	2 leaves	4 leaves
Southeast Asian spice blend	1 sachet	1 sachet
beef strips	1 packet	1 packet
ginger paste	1 medium packet	1 large packet
coconut milk	1 box (200ml)	1 box (400ml)
soy sauce*	1 tbs	2 tbs
brown sugar*	½ tbs	1 tbs

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3340kJ (798Cal)	513kJ (123Cal)
Protein (g)	42.3g	6.5g
Fat, total (g)	32.1g	4.9g
- saturated (g)	20.3g	3.1g
Carbohydrate (g)	81.7g	12.5g
- sugars (g)	13.7g	2.1g
Sodium (mg)	1165mg	179mg

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



# Cook the rapid rice

Boil the kettle. Half-fill a medium saucepan with the boiling water. Add **jasmine rice**, **vegetable stock pot** and a pinch of **salt** and cook, uncovered, over high heat until tender, **12-14 minutes**. Drain rice, rinse with warm water and set aside.

**Little cooks:** Older kids can help add the rice to the saucepan under adult supervision. Be careful, the water is boiling!



# Get prepped

While the rice is cooking, finely chop garlic.
Roughly chop Asian greens. Thinly slice carrot
and courgette into half-moons. Remove centre
veins from the makrut lime leaves, then very
finely chop. In a medium bowl, combine Southeast
Asian spice blend with a drizzle of olive oil. Add
beef strips and toss to coat.

**TIP:** The makrut lime leaves are fibrous so you want to cut them into very small pieces.



# Stir-fry the veggies

In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Stir-fry **carrot** and **courgette** until tender, **4-5 minutes**. Add **Asian greens**, **ginger paste** and **garlic** and cook until wilted, **1-2 minutes**. Season with **salt** and **pepper**, then transfer to a medium bowl.

**TIP:** Add a dash of water to help speed up the cooking process.



# Cook the beef strips

Return the frying pan to high heat with a drizzle of **olive oil**. When oil is hot, cook **beef strips** in batches, tossing, until browned and cooked through, **1-2 minutes**. Transfer to the bowl with the veggies.

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



# Bring it all together

Return frying pan to medium-high heat, then add coconut milk, the soy sauce, makrut lime leaves and the brown sugar and cook, stirring, until reduced slightly, 2-3 minutes. Return beef and veggies to the frying pan and toss until heated through and well combined, 1 minute.

**Little cooks:** Kids can help out with measuring the soy sauce and brown sugar.



# Serve up

Divide rapid rice between bowls. Top with Southeast Asian beef and veggies. Spoon over creamy coconut sauce to serve.

Enjoy!