



Southeast Asian Beef & Creamy Coconut Sauce

with Veggies & Rapid Rice

Grab your Meal Kit with this symbol



Jasmine Rice



Vegetable Stock Pot



Garlic



Asian Greens



Carrot



Courgette



Makrut Lime Leaves



Southeast Asian Spice Blend



Beef Strips



Ginger Paste



Coconut Milk

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: 20-30 mins
Ready in: 30-40 mins

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!

Pantry items

Olive Oil, 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 · 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

*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!



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.



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.



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.



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.



Serve up

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

Enjoy!