



Southeast Asian Beef & Veggie Stir-Fry

with Garlic Rice & Peanuts

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Ginger



Lemon



Carrot



Broccoli



Oyster Sauce



Southeast Asian Spice Blend



Beef Strips



Crushed Peanuts

 Hands-on: **25-35 mins**
Ready in: **35-45 mins**

It's time to master this stir-fry staple in your own kitchen. For the best result, make sure your pan is searing hot before adding the beef. Don't be afraid to cook the veggies for a few minutes either – you want them to keep a little bite. And finally, top it all off with a sprinkling of crushed peanuts for extra crunch!

Pantry items

Olive Oil, Butter

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	2 cloves	4 cloves
butter*	20g	40g
jasmine rice	1 packet	1 packet
water* (for the rice)	1¼ cups	2½ cups
salt*	¼ tsp	½ tsp
ginger	1 knob	2 knobs
lemon	½	1
carrot	1	2
broccoli	1 head	2 heads
oyster sauce	45g	100g
water* (for the veggies)	1 tbs	2 tbs
Southeast Asian spice blend	1 sachet	1 sachet
beef strips	1 packet	1 packet
crushed peanuts	1 packet	2 packets

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3271kJ (781Cal)	574kJ (137Cal)
Protein (g)	53.7g	9.4g
Fat, total (g)	24.6g	4.3g
- saturated (g)	8.1g	1.4g
Carbohydrate (g)	79.8g	14g
- sugars (g)	9.7g	1.7g
Sodium (mg)	1436mg	252mg

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 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**.



Get prepped

While the rice is cooking, grate the **ginger**. Zest the **lemon** to get a pinch, then slice into wedges. Thinly slice the **carrot** (unpeeled) into half-moons. Cut the **broccoli** into small florets and roughly chop the stalk.



Cook the veggies

In a large frying pan, heat a drizzle of **olive oil** over a high heat. When the oil is hot, cook the **carrot** and **broccoli** with a splash of **water** until tender, **6-8 minutes**.



Add the aromatics

Reduce the heat to medium, then add another drizzle of **olive oil** to the **veggies**. Add the **ginger** and cook until fragrant, **1 minute**. Add the **oyster sauce**, **lemon zest**, **water (for the veggies)** and a squeeze of **lemon juice**. Toss to coat and cook until heated through, **1 minute**. Transfer to a bowl.



Cook the beef

In a medium bowl, combine the **Southeast Asian spice blend** and a drizzle of **olive oil**. Add the **beef strips** and toss to coat. Wipe out the frying pan and return to a high heat with a drizzle of **olive oil**. Cook the **beef strips**, in batches, until cooked through, **1-2 minutes**.



Serve up

Divide the garlic rice between bowls. Top with the Southeast Asian beef and veggie stir-fry. Sprinkle over the **crushed peanuts**. Serve with any remaining lemon wedges.

Enjoy!