



# SOY & SICHUAN STEAK

with Garlic Rice & Veggies



Cook an Asian style steak



Garlic



Basmati Rice



Vegetable Stock



Beef Rump



Broccoli



King Sweetie Capsicum



Carrot



Sichuan Garlic Paste



Crispy Shallots

Hands-on: 30 mins  
Ready in: 30 mins

That's right, we're taking steak and three veg into new territory. First, we're flavouring the steak with soy sauce and Sichuan garlic paste, then we're pan-frying all three veggies and adding a bed of garlic rice. Simple, yet sensational!

**Pantry Staples:** Olive Oil, Butter, Soy Sauce, Rice Wine Vinegar

## BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **medium saucepan** with a **lid**
- **large frying pan**



### 1 COOK THE GARLIC RICE

Finely chop the **garlic** (or use a garlic press). In a medium saucepan, melt the **butter** over a medium heat. Add the **garlic** and cook until fragrant, **1 minute**. Add the **water**, **basmati rice** and crumbled **vegetable stock** cubes. Bring to the boil, then cover with a lid and reduce the heat to low. Cook for **10 minutes**, then remove from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.



### 4 COOK THE STEAK

Heat a **drizzle** of **olive oil** in a large frying pan over a high heat. When the oil is hot, pat the **steaks** dry with paper towel and add to the pan (reserve the marinade for later). Cook for **2-3 minutes** on each side, or until cooked to your liking. **TIP:** *This will give you a medium-rare steak. Cook for a little less if you like it rare, or a little longer for well done.* Set aside on a plate and cover with foil to rest for **5 minutes**.



### 2 MARINATE THE STEAK

While the rice is cooking, add the **beef rump**, **soy sauce** and **rice wine vinegar** to a medium bowl. Toss to coat and set aside.



### 5 COOK THE VEGGIES

Return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. Add the **broccoli**, **capsicum**, **carrot** and a **dash** of **water** and cook, tossing, until tender, **6-7 minutes**. Transfer the **veggies** to a large bowl and cover to keep warm. Thinly slice the **steak**. Return the pan to a medium-high heat. Add the **reserved steak marinade** and **steak resting juices** and bring to the boil, **1 minute**. Once bubbling, remove from the heat and stir through the **Sichuan garlic paste**. Add the sliced **steak** to the pan and toss to coat.



### 3 PREP THE VEGGIES

Cut the **broccoli** into small florets and roughly chop the stalk. Cut the **King Sweetie capsicum** into 1cm strips. Thinly slice the **carrot** (unpeeled) into half-moons.



### 6 SERVE UP

Divide the garlic rice, soy and Sichuan steak and veggies between plates. Sprinkle with the **crispy shallots**.

## ENJOY!

## 4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
garlic	2 cloves
butter*	40g
water*	3 cups
basmati rice	2 packets
vegetable stock	2 cubes
beef rump	1 packet
soy sauce*	2½ tbs
rice wine vinegar*	4 tsp
broccoli	1 head
King Sweetie capsicum	1
carrot	2
Sichuan garlic paste	1 packet (80g)
crispy shallots	2 packets

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2840kJ (678Cal)	658kJ (157Cal)
Protein (g)	38.2g	8.9g
Fat, total (g)	21.7g	5.0g
- saturated (g)	10.1g	2.4g
Carbohydrate (g)	77.6g	18.0g
- sugars (g)	12.1g	2.8g
Sodium (g)	1490mg	346mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

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