



# Sticky Honey Beef & Fried Rice

with Veggies & Sesame Seeds

Grab your Meal Kit with this symbol



Jasmine Rice



Garlic



Carrot



Onion



Fresh Chilli (Optional)



Green Beans



Honey-Soy Sauce



Sriracha



Cornflour



Beef Strips



Sesame Seeds



Garlic Paste



Chicken Breast

### 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: **25-35 mins**  
Ready in: **30-40 mins**

Eat Me Early  
*\*Custom Recipe Only*

Spicy (optional fresh chilli)

This dish has a little bit of everything, including an array of colour. It's a tasty rainbow! From the sweet, honey-soy soaked beef strips to the nutritious veggies tucked into the fried rice (there's even egg in there too), all together garnished in sesame seeds, we know everyone will be pleased.



**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Egg, 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 · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
jasmine rice	1 packet	1 packet
garlic	2 cloves	4 cloves
carrot	1	2
onion	1 (medium)	1 (large)
fresh chilli (optional)	½	1
green beans	1 bag (100g)	1 bag (200g)
honey-soy sauce	1 medium packet	1 large packet
sriracha	1 packet (20g)	1 packet (40g)
cornflour	½ packet	1 packet
beef strips	1 packet	1 packet
sesame seeds	1 sachet	1 sachet
garlic paste	1 packet	1 packet
egg*	1	2
soy sauce*	2 tbs	¼ cup
chicken breast**	1 packet	1 packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3382kJ (808Cal)	620kJ (148Cal)
Protein (g)	45.2g	8.3g
Fat, total (g)	18.9g	3.5g
- saturated (g)	4.7g	0.9g
Carbohydrate (g)	111.9g	20.5g
- sugars (g)	31.4g	5.8g
Sodium (mg)	2300mg	422mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3376kJ (807Cal)	582kJ (139Cal)
Protein (g)	47.6g	8.2g
Fat, total (g)	17.7g	3.1g
- saturated (g)	3.7g	0.6g
Carbohydrate (g)	111.9g	19.3g
- sugars (g)	31.4g	5.4g
Sodium (mg)	2349mg	405mg

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](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

If you have any questions or concerns, please visit [hellofresh.co.nz/contact](https://www.hellofresh.co.nz/contact)

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## Start the rice

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



## Finish the rice

Push **veggies** to one side of the pan, then crack **eggs** into pan and scramble until cooked through, **1 minute**. Add **rice** and cook, stirring, until warmed through, **1-2 minutes**. Add the **soy sauce** and toss until well combined. Season to taste. Transfer to a bowl and cover to keep warm.



## Get prepped

While the rice is cooking, finely chop **garlic** and **carrot**. Thinly slice **onion**. Thinly slice **fresh chilli** (if using). Trim **green beans**, then cut into thirds. In a small bowl, combine **honey-soy sauce**, **sriracha** and **garlic**. Set aside. In a medium bowl, combine **cornflour** (see ingredients) and **beef strips**. Set aside.

### CUSTOM RECIPE

If you've swapped your beef strips for chicken breast, cut chicken into 2cm chunks. Coat chicken in the cornflour as above.



## Cook the beef

Return the frying pan to high heat with a drizzle of **olive oil**. Cook **onion** until tender, **2-3 minutes**. Add **beef strips** and cook until browned and cooked through, **1-2 minutes**. Add **honey-soy mixture** and simmer, until slightly reduced, **1-2 minutes**.

### CUSTOM RECIPE

Heat frying pan over medium-high heat. Cook onion and chicken, tossing occasionally, until chicken is browned and cooked through, 5-6 minutes. Add honey-soy mixture and simmer as above.



## Cook the veggies

Heat a large frying pan over medium-high heat. Toast **sesame seeds**, tossing, until golden, **3-4 minutes**. Transfer to a bowl. Return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook **green beans** and **carrot** until tender, **1-2 minutes**. Add **garlic paste** and cook until fragrant, **30 seconds**.



## Serve up

Divide fried rice between bowls. Top with sticky honey beef and any remaining sauce. Garnish with sesame seeds and chilli to serve.

## Enjoy!