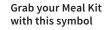
# Sticky Honey Beef & Fried Rice with Veggies & Sesame Seeds















Carrot





Fresh Chilli



Green Beans

(Optional)



Honey-Soy





Cornflour



**Beef Strips** 

Garlic Paste





Sesame Seeds



**Pantry items** Olive Oil, Egg, Soy Sauce

Hands-on: 25-35 mins Ready in: 30-40 mins 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.

# 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		
refer to method	refer to method		
1 packet	1 packet		
2 cloves	4 cloves		
1	2		
1 (medium)	1 (large)		
1/2	1		
1 bag (100g)	1 bag (200g)		
1 medium packet	1 large packet		
1 packet (20g)	1 packet (40g)		
½ packet	1 packet		
1 packet	1 packet		
1 sachet	1 sachet		
1 packet	1 packet		
1	2		
2 tbs	1/4 cup		
1 packet	1 packet		
	refer to method 1 packet 2 cloves 1 1 (medium) ½ 1 bag (100g) 1 medium packet 1 packet (20g) ½ packet 1 packet 1 sachet 1 packet 1 to packet		

<sup>\*</sup>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)	<b>582kJ</b> (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 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 2022 | CW17



#### 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.



# 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 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**.



#### 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.



# 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.



# 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!