



Sichuan Beef Stir-Fry

with Garlic Rice & Crispy Shallots

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Broccolini



Carrot



Asian Greens



Lemon



Beef Strips



Chilli Flakes (Optional)



Sichuan Garlic Paste



Crispy Shallots

Hands-on: **25-35 mins**
Ready in: **30-40 mins**
 Spicy (optional chilli flakes)

Is it time to lift your stir-fry game? Here's a delicious lesson in how to get crispy beef strips, tender veggies and a flavour-packed sauce. With a few simple tricks – cooking the meat in batches, getting the veggies started before adding the sauce and adding flavour to the rice with garlic – you'll be a stir-fry superstar in no time!

Pantry items

Olive Oil, Butter, 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 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
water* (for the rice)	1¼ cups	2½ cups
salt*	½ tsp	1 tsp
jasmine rice	1 packet	2 packets
broccolini	1 bunch	1 bunch
carrot	1	2
Asian greens	1 bunch	1 bunch
lemon	½	1
beef strips	1 packet	1 packet
soy sauce*	2 tsp	4 tsp
chilli flakes (optional)	pinch	pinch
Sichuan garlic paste	1 packet (80g)	2 packets (160g)
water* (for the sauce)	4 tsp	2½ tbs
crispy shallots	1 packet	2 packets

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3230kJ (772Cal)	694kJ (166Cal)
Protein (g)	44.0g	9.4g
Fat, total (g)	26.2g	5.6g
- saturated (g)	11.0g	2.4g
Carbohydrate (g)	87.6g	18.8g
- sugars (g)	17.2g	3.7g
Sodium (mg)	1450mg	311mg

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.



1. Cook the garlic rice

Finely chop the **garlic** (or use a garlic press). In a medium saucepan, melt the **butter** and a **dash** of **olive oil** over a medium heat. Add the **garlic** and cook until fragrant, **1 minute**. Add the **water (for the rice)** and **1/2 the salt** and bring to the boil. Add the **jasmine rice**, stir, cover with a lid and reduce the heat to low. Cook for **12 minutes**, then remove the pan from the heat and keep covered until the rice is tender and all the water is absorbed, **10-15 minutes**.

TIP: The rice will finish cooking in its own steam so don't peek!



2. Get prepped

While the rice is cooking, trim the **broccolini** and cut into thirds. Thinly slice the **carrot** (unpeeled) into half-moons. Roughly chop the **Asian greens**. Slice the **lemon (see ingredients list)** into wedges.



3. Cook the beef

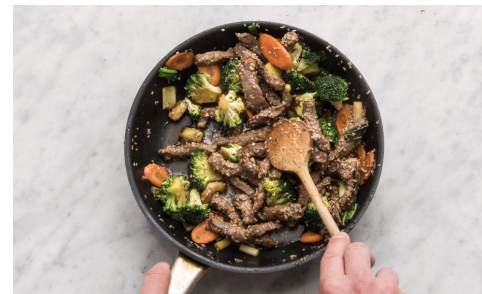
In a large frying pan, heat a **drizzle** of **olive oil** over a high heat. When the oil is hot, add **1/2** the **beef strips** and cook, tossing occasionally, until browned and cooked through, **1-2 minutes**. Transfer to a bowl and cover to keep warm. Repeat with the **remaining beef strips**.

TIP: Cooking the beef in batches over a high heat helps it stay tender.



4. Cook the veggies

Return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. Add the **broccolini**, **carrot** and a **splash** of **water** and cook, stirring, until softened, **4-5 minutes**. Add the **Asian greens**, **soy sauce** and a **pinch** of **chilli flakes** (if using) and cook until the Asian greens have wilted, **2 minutes**.



5. Add the sauce & beef

Remove the frying pan from the heat, then add the **Sichuan garlic paste** and **water (for the sauce)**. Return the **beef strips** to the pan and toss until combined and coated in the sauce.



6. Serve up

Divide the garlic rice between plates and top with the Sichuan beef stir-fry. Squeeze over the juice from the lemon wedges. Sprinkle with the **crispy shallots**.

Enjoy!