



Thai Seven Spiced Beef Stir-Fry

with Garlic & Spring Onion Rice

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Carrot



Capsicum



Asian Greens



Oyster Sauce



Thai Seven Spice Blend



Beef Strips



Spring Onion



Crushed Peanuts

Hands-on: **15-25 mins**
Ready in: **25-35 mins**

This fast Thai-style meal gets its flavour from aromatic garlic and a sweet and savoury mix of oyster sauce, soy and brown sugar. With spring onion stirred into the fluffy rice, this is a delicious combination just waiting for you to dive in!

Pantry items

Olive Oil, Butter, Soy Sauce, Brown Sugar

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	3 cloves	6 cloves
butter*	20g	40g
water* (for the rice)	1¼ cups	2½ cups
jasmine rice	1 packet	1 packet
carrot	1	2
capsicum	1	2
Asian greens	1 head	2 heads
oyster sauce	1 packet (45g)	1 packet (100g)
water* (for the sauce)	2 tbs	¼ cup
soy sauce*	1 tbs	2 tbs
brown sugar*	½ tbs	1 tbs
Thai seven spice blend	1 sachet	1 sachet
beef strips	1 packet	1 packet
spring onion	1 stem	2 stems
crushed peanuts	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3164kJ (756Cal)	534kJ (127Cal)
Protein (g)	44.8g	7.6g
Fat, total (g)	24.7g	4.2g
- saturated (g)	9.6g	1.6g
Carbohydrate (g)	84.7g	14.3g
- sugars (g)	16.6g	2.8g
Sodium (mg)	1651mg	279mg

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

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1



Cook the garlic rice

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

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

3



Cook the beef & veggies

- When the rice has **10 minutes** time remaining, heat a large frying pan over a high heat with a drizzle of **olive oil**. Cook **beef strips**, tossing, until browned and cooked through, **1-2 minutes**. Transfer to a plate.
- Return frying pan to a medium-high heat with a drizzle of **olive oil**. Cook **carrot** and **capsicum**, stirring, until tender, **4-5 minutes**.
- Add **Asian greens** and remaining **garlic** and cook until softened, **1-2 minutes**.
- Return **beef** to the frying pan, then add **oyster sauce mixture** and remove from the heat. Toss until combined and warmed through.

2



Get prepped

- Meanwhile, thinly slice **carrot** into half-moons. Roughly chop **capsicum** and **Asian greens**.
- In a small bowl, combine **oyster sauce**, **water (for the sauce)**, **soy sauce** and **brown sugar**. Set aside.
- In a medium bowl, combine **Thai seven spice blend** and a drizzle of **olive oil**. Add **beef strips** and toss to coat.

4



Serve up

- Thinly slice **spring onion**.
- Stir spring onion through garlic rice. Divide garlic and spring onion rice between bowls.
- Top with Thai seven spiced beef and veggie stir-fry.
- Garnish with **crushed peanuts** to serve.

TIP: Add less spring onion to the rice if you're not a fan.

Enjoy!