



# VIETNAMESE BEEF & SESAME BROCCOLI

with Jasmine Rice



Make a  
Vietnamese marinade



Jasmine Rice



Sweet Chilli  
Sauce



Beef Strips



Broccoli



Garlic



Red Onion



Long Red Chilli  
(Optional)



Mint



Lemon



Sesame Seeds

Hands-on: **25 mins**  
Ready in: **30 mins**  
Spicy (optional long red chilli)

Get ready for a classic blend of delicious Asian flavours in this two-part stir-fry of Vietnamese beef and sesame broccoli. It looks colourful and vibrant and tastes like a party in your mouth - just like the best meals should!

**Pantry Staples:** Olive Oil, Oyster Sauce, Fish Sauce (Optional), Soy Sauce

# 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 RICE

In a medium saucepan, bring the **water** 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 for another **10-15 minutes**, or until the rice is tender and all the water is absorbed. **TIP:** *The rice will keep cooking as it sits so don't peek!*



## 2 FLAVOUR THE BEEF

While the rice is cooking, combine the **oyster sauce**, **sweet chilli sauce**, **fish sauce** (if using) and **beef strips** in a medium bowl. Toss to coat and set aside.



## 3 PREP THE VEG

Chop the **broccoli** into small florets and roughly chop the stalk. Finely chop the **garlic** (or use a garlic press). Thinly slice the **red onion**. Thinly slice the **long red chilli** (if using). Pick and roughly tear the **mint** leaves. Cut the **lemon** into wedges.



## 4 COOK THE BROCCOLI

Heat a large frying pan over a medium-high heat. Add the **sesame seeds** and toast, tossing, for **3-4 minutes** or until golden. Transfer to a small bowl. Return the pan to a medium-high heat with a **drizzle of olive oil**. Add the **broccoli** and cook for **5 minutes** or until tender. **TIP:** *Add a dash of water to help speed up the cooking process.* Add the **garlic**, **soy sauce** and toasted sesame seeds to the broccoli and cook for **1 minute** or until fragrant. Transfer to a medium bowl and cover to keep warm.



## 5 COOK THE BEEF

Return the frying pan to a high heat with a **drizzle** more **olive oil**. Add the **red onion** and cook for **5 minutes** or until softened. Add the **beef strips**, leaving any excess marinade in the bowl, and cook, tossing, for **1 minute** or until browned. Add the excess marinade and cook until bubbling. Season to taste with **salt** and **pepper**. **TIP:** *Cook the beef in batches if your pan isn't big enough!*



## 6 SERVE UP

Divide the jasmine rice between plates and top with the Vietnamese beef and sesame broccoli. Garnish with the long red chilli (if using) and mint leaves. Serve the lemon wedges on the side.

# ENJOY!

# 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
water*	1¼ cups	2½ cups
jasmine rice	1 packet	2 packets
oyster sauce*	2 ½ tbs	½ cup
sweet chilli sauce	1 tub (50 g)	2 tubs (100 g)
fish sauce* (optional)	1 tsp	2 tsp
beef strips	1 packet	1 packet
broccoli	1 head	2 heads
garlic	2 cloves	4 cloves
red onion	1	2
long red chilli (optional)	1	2
mint	1 bunch	1 bunch
lemon	½	1
sesame seeds	1 sachet	2 sachets
soy sauce*	2 tsp	4 tsp

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2250kJ (538Cal)	440kJ (105Cal)
Protein (g)	46.1g	9g
Fat, total (g)	11.4g	2.2g
- saturated (g)	3.6g	0.7g
Carbohydrate (g)	57.3g	11.2g
- sugars (g)	21.6g	4.2g
Sodium (g)	1920mg	375mg

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

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589

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