



Everything
But The Chef

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WK03
2016



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Beef & Garlic Sizzle Stir Fry

If you've ever felt that pang of jealousy at the sight of a sizzling plate being delivered to somebody else at your local Chinese, this dish is for you. Just as those plates wow, delight and please, so does this stir fry. The best part is, it's as simple as; 1. Cook the rice, 2. Coat and marinade the beef, 3. Fry, 4. Serve and devour!

Prep: 15 mins
Cook: 15 mins
Total: 30 mins

level 1
 gluten free †
 high protein
 spicy

Pantry Items

- Water
- Soy Sauce
- Sesame Oil
- Brown Sugar
- Vegetable Oil



Jasmine Rice



Ginger



Garlic



Beef Strips



Red Onion



Red Capsicum



Baby Bok Choy



Birdseye Chilli

2P	4P	Ingredients
2/3 cup	1 1/3 cup	Jasmine rice
3 cups	6 cups	water *
2 tbs	4 tbs	salt-reduced soy sauce *
1 tsp	2 tsp	sesame oil *
1/2 tsp	1 tsp	brown sugar *
1 knob	2 knobs	ginger, peeled & finely grated
1 clove	2 cloves	garlic, peeled & crushed
300 g	600 g	beef strips
1 tbs	2 tbs	vegetable oil *
1/2	1	red onion, finely sliced
1	2	red capsicum, cut into strips
2-3	4-6	baby bok choy, quartered
1	2	birdseye chilli, sliced

⊕ May feature in another recipe

* Pantry Items

Nutrition per serving

Energy	1780	Kj
Protein	38.4	g
Fat, total	16.4	g
-saturated	4.2	g
Carbohydrate	28.6	g
-sugars	6.9	g
Sodium	585	mg

Measuretool

0 cm	1 cm	2 cm

† To ensure this is a gluten free recipe, please check that your sauces & condiments are gluten free.



You will need: chopping board, chef's knife, vegetable peeler, sieve, medium bowl, plate, medium pot, large wok or frying pan, and a spatula.

1 Place the **Jasmine rice** into a sieve and rinse it with cold tap water. Rinse until the water becomes clear. Place the rice and **water** in a medium pot and bring to the boil. Cover with a lid and reduce the heat to medium-low and simmer, uncovered, for **10-12 minutes** or until the rice is soft. Drain.

2 Meanwhile, combine the **salt-reduced soy sauce**, **sesame oil**, **brown sugar**, **ginger** and **garlic** in a medium bowl. Add the **beef strips** and toss to coat well. Season generously with **black pepper**.

3 Heat half of the **vegetable oil** in a large wok or frying pan over a high heat. Add half of the beef mixture and stir fry for **1-2 minutes** or until brown. Transfer to a plate and repeat with the remaining beef mixture.

4 Heat the remaining vegetable oil in the same wok over a medium-high heat. Add the **red onion** and **red capsicum** and stir fry for **2-3 minutes**, or until just tender. Add the **baby bok choy** and cook for **1-2 minutes** or until wilted. Return the beef to the wok with the **birdseye chilli** and stir until heated through. Remove from the heat.

5 To serve, divide the rice and sizzling beef stir fry between plates.



Did you know? Bok choy has been cultivated for over 5000 years - talk about a blast from the past!