



# Sweet Chilli Peanut Beef Stir-Fry

with Soy Veggies, Garlic Rice & Sesame Dressing

NEW

KID FRIENDLY

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Carrot



Zucchini



Capsicum



Sweet Chilli Sauce



Beef Strips



Crushed Peanuts



Sesame Dressing



Beef Rump

Prep in: 15-25 mins  
Ready in: 25-35 mins

My oh my, did someone say it's beef stir-fry night? Luckily, we've put together one of the classics for you to devour in no time. Keep an eye out for the peanuts and sweet chilli sauce that coats all of the veggies and beef to perfection. It is so good that it deserves some recognition.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Butter, Soy Sauce, Vinegar (White Wine or Rice Wine)

## Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Medium saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
garlic	3 cloves	6 cloves
<b>butter*</b>	20g	40g
<b>water*</b>	1¼ cup	2½ cup
jasmine rice	1 medium packet	1 large packet
carrot	1	2
zucchini	1	2
capsicum	1	2
<b>soy sauce*</b>	2 tbs	¼ cup
sweet chilli sauce	1 medium packet	2 medium packets
<b>vinegar*</b> (white wine or rice wine)	1 tsp	2 tsp
beef strips	1 small packet	2 small packets OR 1 large packet
crushed peanuts	1 medium packet	1 large packet
sesame dressing	1 medium packet	1 large packet
beef rump**	1 small packet	2 small packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3454kJ (826Cal)	619kJ (148Cal)
Protein (g)	42.8g	7.7g
Fat, total (g)	32.6g	5.8g
- saturated (g)	10.8g	1.9g
Carbohydrate (g)	86.3g	15.5g
- sugars (g)	22.3g	4g
Sodium (mg)	1253mg	225mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3347kJ (800Cal)	574kJ (137Cal)
Protein (g)	44g	7.5g
Fat, total (g)	29.2g	5g
- saturated (g)	9.1g	1.6g
Carbohydrate (g)	86.2g	14.8g
- sugars (g)	22.3g	3.8g
Sodium (mg)	1258mg	216mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns



## Cook the garlic rice & cut the veggies

- Finely chop **garlic**.
- In a medium saucepan, melt the **butter** and a dash of **olive oil** over medium heat. Add half the **garlic** and cook until fragrant, **1-2 minutes**.
- Add the **water** and a generous pinch of **salt** to the pan and bring to the boil. Add **jasmine rice**, stir, cover with a lid and reduce heat to low.
- Cook for **12 minutes**, then remove from the heat and keep covered until the rice is tender and all the water is absorbed, **10-15 minutes**.
- Meanwhile, thinly slice **carrot** and **zucchini** into half-moons.
- Thinly slice **capsicum**.



## Cook the beef

- Return frying pan to high heat with a drizzle of **olive oil**. When oil is hot, cook **beef strips**, tossing, in batches until browned and cooked through, **1-2 minutes**.
- Reduce heat to medium, return beef to pan, add **sweet chilli sauce mixture** and **crushed peanuts**, cook until bubbling, **1 minute**. Remove from heat.

**Custom Recipe:** If you've upgraded to beef rump, place beef between two sheets of baking paper. Pound beef with a rolling pin until slightly flattened. Season. In a large frying pan, heat a drizzle of olive oil over high heat. When oil is hot, cook beef, turning, for 3-6 minutes (depending on thickness), or until cooked to your liking. In the last minute, reduce heat to medium, then add the sauce and peanuts as above. Transfer to a plate to rest.



## Cook the veggies

- Heat a large frying pan over high heat with a drizzle of **olive oil**.
- Add **carrot**, **zucchini** and **capsicum** and cook, tossing, until tender, **5-6 minutes**.
- Add half the **soy sauce** and toss to combine, **1 minute**. Transfer to a bowl and cover to keep warm.
- While the veggies are cooking, in a small bowl, combine **sweet chilli sauce**, the **vinegar**, a splash of **water** and the remaining **soy sauce** and remaining **garlic**.



## Serve up

- Divide garlic rice between bowls.
- Top with the sweet chilli peanut beef stir-fry and soy greens.
- Drizzle over **sesame dressing** to serve. Enjoy!

**Custom Recipe:** Slice beef rump to serve.

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)