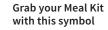


Quick Soy-Ginger Beef Bowl with Slaw, Garlic Rice & Crushed Peanuts

KID FRIENDLY













Sweetcorn

Carrot



Shredded Cabbage

Mayonnaise





Ginger Paste

Sweet Soy Seasoning





Beef Strips

Crushed Peanuts





Prep in: 20-30 mins Ready in: 25-35 mins

In this textural, Asian-inspired dish, the ginger marinade adds a subtle warmth and sweetness to juicy beef strips, which the fluffy garlic rice happily welcomes. A jammy fried egg brings everything together beautifully.

Pantry items

Olive Oil, Butter, Brown Sugar, Eggs, 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 \cdot Large frying pan

Ingredients

•		
	2 People	4 People
olive oil*	refer to method	refer to method
butter*	20g	40g
garlic paste	1 medium packet	2 medium packets
jasmine rice	1 medium packet	1 large packet
water*	1¼ cups	2½ cups
sweetcorn	1 medium tin	1 large tin
carrot	1	2
shredded cabbage mix	1 medium packet	1 large packet
mayonnaise	1 medium packet	1 large packet
vinegar* (white wine or rice wine)	drizzle	drizzle
ginger paste	1 medium packet	1 large packet
sweet soy seasoning	1 medium sachet	2 medium sachets
brown sugar*	1 tsp	2 tsp
eggs*	2	4
beef strips	1 medium packet	2 medium packets OR 1 large packet
crushed peanuts	1 medium packet	1 large packet
beef strips**	1 medium packet	2 medium packets OR 1 large packet
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^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3869kJ (925Cal)	724kJ (173Cal)
Protein (g)	52.3g	9.8g
Fat, total (g)	43.2g	8.1g
- saturated (g)	13.6g	2.5g
Carbohydrate (g)	79.6g	14.9g
- sugars (g)	13.1g	2.5g
Sodium (mg)	1447mg	271mg
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Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4651kJ (1112Cal)	705kJ (168Cal)
Protein (g)	81.7g	12.4g
Fat, total (g)	50.8g	7.7g
- saturated (g)	16.8g	2.5g
Carbohydrate (g)	79.7g	12.1g
- sugars (g)	13.1g	2g
Sodium (mg)	1510mg	229mg

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 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 rice

- In a medium saucepan, melt the butter with a dash of olive oil over medium heat. Cook garlic paste until fragrant, 1-2 minutes.
- Add jasmine rice, the water and a generous pinch of salt. Bring to the boil.
 Reduce heat to low and cover with a lid. Cook for 12 minutes, then remove from heat.
- Keep covered until rice is tender and the water is absorbed, 12 minutes.



Cook the eggs & beef

- When the rice has 10 minutes remaining, heat a large frying pan over high heat with a drizzle of olive oil. When oil is hot, crack the eggs into the pan.
 Cook until egg whites are firm and yolks are cooked to your liking,
 2-3 minutes. Transfer to a plate and cover to keep warm.
- Wipe out frying pan, then return to high heat with a drizzle of olive oil. When oil is hot, cook beef strips in batches, until browned and cooked through,
 1-2 minutes. Return all cooked beef and soy-ginger mixture to pan and cook, tossing, until bubbling, 1 minute.

Custom Recipe: If you've doubled your beef strips, cook beef in batches. Return all beef to pan before adding the soy-ginger mixture as above.



Get prepped & make the slaw

- While the rice is cooking, drain **sweetcorn**. Grate **carrot**.
- In a medium bowl, combine sweetcorn, carrot, shredded cabbage mix, mayonnaise and a drizzle of olive oil and vinegar. Toss to combine. Season to taste, then set aside.
- In a small bowl, combine ginger paste, sweet soy seasoning, the brown sugar and a pinch of pepper.

Little cooks: Help combine the ingredients for the marinade and the slaw!



Serve up

- · Divide garlic rice between bowls.
- Top with soy-ginger beef, slaw and fried eggs.
- Sprinkle with crushed peanuts to serve. Enjoy!

Little cooks: Show them how it's done and help plate up!