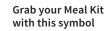
Sweet & Sticky Asian Beef with Coconut Rice & Garlic Veggies

KID FRIENDLY













Carrot









Baby Spinach

Leaves

Ginger Paste

Oyster Sauce



Beef Strips





Prep in: 30-40 mins Ready in: 35-45 mins There's something seriously addictive about succulent beef strips coated in this sweet and sticky sauce, which has a touch of zing from the addition of ginger. Just add fragrant coconut rice and tender veg for a meal that's sure to be a new favourite.

Pantry items Olive Oil, Brown Sugar

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

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	2 People	4 People		
olive oil*	refer to method	refer to method		
coconut milk	1 medium packet	2 medium packets		
water* (for the rice)	³⁄₄ cup	1¼ cups		
basmati rice	1 medium packet	1 large packet		
carrot	1	2		
broccoli	½ head	1 head		
garlic	1 clove	2 cloves		
ginger paste	1 medium packet	1 large packet		
brown sugar*	1 tbs	2 tbs		
oyster sauce	1 medium packet	1 large packet		
water* (for the sauce)	1 tbs	2 tbs		
baby spinach leaves	1 small packet	1 medium packet		
beef strips	1 medium packet	2 medium packets OR 1 large packet		
beef strips**	1 medium packet	2 medium packets OR 1 large packet		
and the second				

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3167kJ (757Cal)	638kJ (152Cal)
Protein (g)	41.6g	8.4g
Fat, total (g)	30.3g	6.1g
- saturated (g)	18.8g	3.8g
Carbohydrate (g)	78.3g	15.8g
- sugars (g)	15g	3g
Sodium (mg)	1369mg	276mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3949kJ (944Cal)	636kJ (152Cal)
Protein (g)	71g	11.4g
Fat, total (g)	37.9g	6.1g
- saturated (g)	22g	3.5g
Carbohydrate (g)	78.3g	12.6g
- sugars (g)	15g	2.4g
Sodium (mg)	1432mg	231mg

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.



Scan here if you have any questions or concerns





Cook the coconut rice

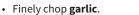
- In a medium saucepan, add coconut milk, the water (for the rice) and a generous pinch of salt, then bring to the boil. Add basmati rice.
 Stir, cover with a lid and reduce heat to low.
- Cook for 15 minutes, then remove pan from the heat. Keep covered until the rice is tender and the water is absorbed, 10 minutes.

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



Get prepped

- While the rice is cooking, thinly slice carrot into half-moons.
- Roughly chop broccoli (including the stalk!) into small florets.





Make the sauce

 In a medium bowl, combine ginger paste, the brown sugar, oyster sauce, water (for the sauce) and half the garlic.



Cook the veggies

- In a large frying pan, heat a drizzle of olive
 oil over medium-high heat. Cook carrot and
 broccoli with a splash of water, tossing, until
 tender, 6-7 minutes. Add remaining garlic and
 cook until fragrant, 1-2 minutes.
- Add baby spinach leaves and stir until wilted,
 1 minute. Season with salt and pepper. Toss to coat, then transfer to a plate and cover to keep warm.



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.
- Add sauce to the pan and cook until bubbling and reduced, 2-3 minutes.

TIP: Cooking the beef in batches over high heat helps it stay tender.

Custom Recipe: If you've doubled your beef strips, cook beef in batches for best results. Return all beef to the pan before adding the sauce.



Serve up

- · Divide coconut rice between bowls.
- Top with sweet and sticky Asian beef and garlic veggies.
- Spoon over any extra sauce from the pan to serve. Enjoy!



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