



Southeast Asian Sweet Chilli Beef & Veggies

with Coriander & Rice

NEW

KID FRIENDLY

Grab your meal kit with this number

40



Basmati Rice



Celery



Sweetcorn



Asian Greens



Lemon



Sweet Chilli Sauce



Beef Strips



Southeast Asian Spice Blend



Ginger Paste



Coriander



Beef Strips



Diced Bacon

Prep in: 20-30 mins
Ready in: 30-40 mins

Protein Rich

If you're a fan of the signature mix of sweet, spicy and zingy flavours, then your taste buds will go wild over this delectable combo. Dig into tender beef strips coated in a mouth-watering sweet chilli and Southeast Asian spice blend, plus ginger tossed veg and a bed of fluffy rice, for an unforgettable taste sensation!

Pantry items

Olive Oil, Soy Sauce

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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
olive oil*	refer to method	refer to method
water* (for the rice)	1½ cups	3 cups
basmati rice	1 medium packet	1 large packet
celery	1 medium packet	1 large packet
sweetcorn	1 medium tin	1 large tin
Asian greens	1 packet	2 packets
lemon	½	1
sweet chilli sauce	1 medium packet	2 medium packets
water* (for the sauce)	2 tbs	¼ cup
beef strips	1 medium packet	2 medium packets OR 1 large packet
Southeast Asian spice blend	1 medium sachet	2 medium sachets
ginger paste	1 medium packet	1 large packet
soy sauce*	½ tbs	1 tbs
coriander	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2724kJ (651cal)	286kJ (68cal)
Protein (g)	37.5g	3.9g
Fat, total (g)	15.8g	1.7g
- saturated (g)	4.1g	0.4g
Carbohydrate (g)	82.3g	8.6g
- sugars (g)	17.7g	1.9g
Sodium (mg)	1121mg	117.6mg
Dietary Fibre (g)	11.9g	1.2g

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.



Cook the rice

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

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



Cook the beef

- Return frying pan to high heat with a drizzle of **olive oil**.
- When oil is hot, add **beef strips** and cook in batches, until browned and cooked through, **1-2 minutes**.
- Transfer to a plate.

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



Get prepped

- While the rice is cooking, finely chop **celery**.
- Drain **sweetcorn**.
- Roughly chop **Asian greens**.
- Slice **lemon** into wedges.
- In a small bowl, combine **sweet chilli sauce** and the **water (for the sauce)**.
- In a medium bowl, place **beef strips**, **Southeast Asian spice blend** and a drizzle of **olive oil**. Toss to coat.



Finish the beef

- Return all **beef strips** to the pan, remove from the heat and toss through **sweet chilli mixture** until heated through and well combined.



Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Add **celery** and **corn** and cook, tossing, until softened, **4-5 minutes**.
- Add **Asian greens**, **ginger paste** and the **soy sauce** and cook, tossing until wilted, **1-2 minutes**. Set aside in a bowl and cover to keep warm.



Serve up

- Divide rice between bowls.
- Top with veggies and Southeast Asian sweet chilli beef.
- Tear over **coriander** and serve with lemon wedges. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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CUSTOM OPTIONS



DOUBLE BEEF STRIPS

Follow method above, cooking in batches if necessary.



ADD DICED BACON

Cook with beef, breaking up with a spoon, until browned.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

