



# Sweet Chilli Ginger Beef Stir-Fry

with Quick-Prep Veggies & Rice

HELLOHERO

KID FRIENDLY

Grab your meal kit with this number

20



White Rice



Sweetcorn



Broccoli & Carrot Mix



Baby Spinach Leaves



Garlic Paste



Beef Mince



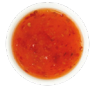
Ginger Paste



Asian BBQ Seasoning



Oyster Sauce



Sweet Chilli Sauce



Sesame Seeds



Beef Mince



Pork Mince

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



Protein Rich



Eat Me First

Juicy beef mince and vibrant veggies are brimming with a delectable combo of zingy and BBQ flavours in this stellar stir-fry. Serve with fluffy rice to soak up all the deliciousness!

### Pantry items

Olive Oil

## 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 · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
white rice	1 medium packet	1 large packet
<b>water*</b>	1¼ cups	2½ cups
sweetcorn	1 medium tin	1 large tin
broccoli & carrot mix	1 medium packet	1 large packet
baby spinach leaves	1 medium packet	1 large packet
garlic paste	1 packet	2 packets
beef mince	1 medium packet	2 medium packets OR 1 large packet
ginger paste	1 medium packet	1 large packet
Asian BBQ seasoning	1 sachet	2 sachets
oyster sauce	1 medium packet	1 large packet
sweet chilli sauce	1 packet	1 packet
<b>water*</b>	¼ cup	½ cup
sesame seeds	1 medium sachet	1 large sachet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2891kJ (691cal)	346kJ (83cal)
Protein (g)	36.9g	4.4g
Fat, total (g)	20.4g	2.4g
- saturated (g)	6.8g	0.8g
Carbohydrate (g)	86.2g	10.3g
- sugars (g)	19.3g	2.3g
Sodium (mg)	2122mg	254.1mg
Dietary Fibre (g)	11.3g	1.4g

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.

1



## Cook the rice

- Rinse and drain **white rice**.
- In a medium saucepan, heat a dash of **olive oil** over medium heat.
- Add the **water** and bring to the boil. Add **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. 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!

3



## Cook the beef

- Return frying pan to medium-high heat. Cook **beef mince** (no need for oil!), breaking up with a spoon, until just browned, **4-5 minutes**.
- Add **ginger paste** and **Asian BBQ seasoning**, then cook until fragrant, **1 minute**.
- Stir in **cooked veggies**, **oyster sauce**, **sweet chilli sauce** and the **water**, then simmer until bubbling and slightly reduced, **1-2 minutes**.

2



## Cook the veggies

- Meanwhile, drain **sweetcorn**.
- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- Cook **broccoli & carrot mix** and **corn**, tossing until tender, **5-6 minutes**.
- Add **baby spinach leaves** and **garlic paste**, then cook until fragrant and wilted, **1 minute**.
- Transfer to a bowl and season to taste with **salt** and **pepper**.

**TIP:** Add a dash of water to the pan to help speed up the cooking process.

4



## Serve up

- Divide rice between bowls.
- Top with sweet chilli ginger beef and veggie stir-fry.
- Sprinkle with **sesame seeds** to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW48



### CUSTOM OPTIONS



#### DOUBLE BEEF MINCE

Follow method above, cooking in batches if necessary.



#### SWAP TO PORK MINCE

Cook with veggies, breaking up with a spoon, until browned, 4-5 minutes.

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

