



# Asian-Style Sichuan Beef

with Stir-Fried Veggies & Garlic Rice

Grab your Meal Kit  
with this symbol



Garlic



Basmati Rice



Beef Strips



Carrot



Snow Peas




Asian Greens



Sesame Seeds



Sichuan Garlic Paste

 Hands-on: 25 mins  
Ready in: 30 mins

You better believe it, but this restaurant-quality meal could be on your table in less than half an hour! Succulent beef strips are coated in our tasty Sichuan garlic paste while crisp veggies get a quick stir-fry. Add some garlicky rice and sesame seeds and dinner is served.

## Pantry items

Olive Oil, Butter, Soy Sauce



## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

### You will need

Medium saucepan with lid · Large frying pan

### Ingredients

	4 People
olive oil*	refer to method
garlic	4 cloves
butter*	40g
water*	3 cups
basmati rice	2 packets
soy sauce*	1 tbs
beef strips	1 packet
carrot	1
snow peas	1 bag (200g)
Asian greens	2 bunches
sesame seeds	1 sachet
Sichuan garlic paste	1 tub

\*Pantry items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	2660kJ (636Cal)	693kJ (165Cal)
Protein (g)	39.1g	10.2g
Fat, total (g)	20.3g	5.3g
- saturated (g)	8.8g	2.3g
Carbohydrate (g)	70.4g	18.3g
- sugars (g)	8.9g	2.3g
Sodium (g)	621mg	161mg

### Allergens

Always read product labels for the most up-to-date allergen information. Visit [HelloFresh.com.au/foodinfo](https://www.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 garlic rice

Finely chop the **garlic** (or use a garlic press). In a medium saucepan, melt the **butter** over a medium heat. Add **1/2** the **garlic** and cook until fragrant, **1 minute**. Add the **water** and **basmati rice**, stir, and bring to the boil. Reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove the pan from the heat and 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!



### 4. Cook the veggies

Heat a large frying pan over a medium-high heat. Add the **sesame seeds** and cook until toasted, **3-4 minutes**. Transfer to a small bowl. Return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. When the oil is hot, add the **carrot** and cook until softened, **3-4 minutes**. Add the **snow peas** and cook until softened, **1 minute**. Add the **Asian greens** and a **splash** of **water** and cook until tender, **1 minute**. Season to taste with **salt** and **pepper**. Transfer to a medium bowl and cover to keep warm.



### 2. Add flavour to the beef

While the rice is cooking, combine the **soy sauce**, the remaining **garlic**, a **splash** of **water** and the **beef strips** in a medium bowl. Mix well to combine.



### 5. Cook the beef

Return the frying pan to a high heat with a **drizzle** of **olive oil**. Add **1/3** of the **beef** and cook, tossing, until cooked through, **1-2 minutes**. Transfer to a medium bowl and repeat with the remaining **beef**. Return the **beef** to the pan and remove from the heat. Add the **Sichuan garlic paste** and toss to coat.

**TIP:** Cooking the meat in batches on a high heat ensures a tender result.



### 3. Prep the veggies

Thinly slice the **carrot** (unpeeled) into half-moons. Trim the **snow peas** and slice in half. Roughly chop the **Asian greens**.



### 6. Serve up

Divide the garlic rice and veggies between plates. Top with the Sichuan beef. Garnish with the toasted sesame seeds.

**Enjoy!**