



CHINESE BEEF & BROCCOLI STIR-FRY

with Oyster Sauce & Nutty Brown Rice



Cook a Chinese style stir-fry



Brown Rice



Broccoli



Snow Peas



Long Red Chilli (Optional)



Ginger



Garlic



Oyster Sauce



Beef Strips



Black Sesame Seeds

Hands-on: **30 mins**
Ready in: **35 mins**

Low calorie

Spicy (optional long red chilli)

Tender broccoli and crisp snow peas are just the thing for this fragrant stir-fry with ginger and a mighty tasty sauce. Top it off with crunchy black sesame seeds and a friend and you've got yourself a tastier meal than your local Chinese takeaway.

Pantry Staples: Olive Oil, Soy Sauce, Rice Wine Vinegar (or White Wine Vinegar)

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, sieve, medium saucepan with lid, fine grater, garlic crusher, small bowl, large wok or frying pan, tongs, plate and wooden spoon.**



1 COOK THE RICE

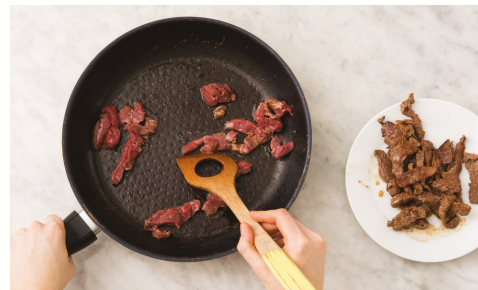
Rinse the **brown rice** well. Bring the rice and the **water (for the rice)** to the boil in a medium saucepan over a high heat. Reduce the heat to medium and simmer, uncovered, for **25-30 minutes**, or until the rice is tender. Drain and return to the saucepan. Cover to keep warm.



2 GET PREPPED

While the rice is cooking, cut the **broccoli** into 2cm florets and finely chop the stalk. Trim the ends of the **snow peas**. Finely grate the **ginger**. Peel and crush the **garlic**. Thinly slice the **long red chilli** (if using).

In a small bowl, combine the **oyster sauce, soy sauce, rice wine vinegar and water (for the sauce)** and set aside.



3 COOK THE BEEF

Place the wok or frying pan over a high heat and add a **drizzle of olive oil**. Add **1/2** of the **beef strips** and stir-fry for **1-2 minutes**, or until browned. Transfer to a plate. Repeat with the remaining beef strips. **TIP:** *Cooking the beef in batches over a high heat prevents the meat from stewing and keeps it tender.*



4 COOK THE VEGGIES

Return the wok to a high heat and add another **drizzle of olive oil**. Add the **broccoli** and a **dash of water** and cook for **3-4 minutes**, or until almost tender. **TIP:** *Adding water to the broccoli helps speed up the cooking process!* Add the **snow peas, ginger and garlic** and cook, stirring, for **1-2 minutes**, or until tender and fragrant.



5 BRING IT ALL TOGETHER

Add the **oyster sauce mixture and beef strips** to the pan and stir-fry for **1 minute**, or until warmed through.



6 SERVE UP

Divide the brown rice between bowls and top with the Chinese beef & broccoli stir-fry. **TIP:** *For the low calorie option, serve 3/4 cup cooked rice per portion.* Sprinkle with the **black sesame seeds** and garnish with the long red chilli (if using). **TIP:** *Some like it hot, but if you don't just hold back on the chilli.*

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
brown rice	1 packet	2 packets
water* (for the rice)	3 cups	6 cups
broccoli	1 head	2 heads
snow peas	1 bag (100 g)	1 bag (200 g)
ginger	1 knob	2 knobs
garlic	1 clove	2 cloves
long red chilli (optional)	1	2
oyster sauce	1 tub (50 g)	1 tub (100 g)
soy sauce*	1 1/2 tbs	3 tbs
rice wine vinegar* (or white wine vinegar)	1/2 tsp	1 tsp
water* (for the sauce)	1/4 cup	1/2 cup
beef strips	1 packet	1 packet
black sesame seeds	1 sachet	2 sachets

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2160kJ (515Cal)	490kJ (117Cal)
Protein (g)	47.0g	10.7g
Fat, total (g)	12.2g	2.8g
- saturated (g)	3.5g	0.8g
Carbohydrate (g)	48.9g	11.1g
- sugars (g)	8.2g	1.9g
Sodium (g)	1940mg	442mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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