

## CHINESE GINGER BEEF FRIED RICE

with Rainbow Veg







Cook fried rice at home



Jasmine Rice











**Oyster Sauce** 



Chilli Flakes



(Optional)





Carrot

**Red Capsicum** 





Spring Onion

Asian Greens





Cos Lettuce



Coriander

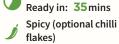


Crispy Shallots



Sweet Chilli Sauce

Pantry Staples: Olive Oil, Soy Sauce, Sugar, Eggs



Hands-on: 25 mins

# START

Our fruit and veggies need a little wash before you use them!! You will need: You will need: chef's knife, chopping board, medium saucepan, fine grater, two medium bowls and large frying pan or wok.



PREP THE RICE
In a medium saucepan, bring the water
(see ingredients list) and the jasmine rice to
the boil over a high heat. Reduce the heat to
medium and simmer, stirring occasionally, for
10 minutes, or until the rice is almost tender
(the rice will continue cooking in the pan in
step 5).



ADD FLAVOUR TO THE BEEF
While the rice is cooking, finely grate the garlic (or use a garlic press). Finely grate the ginger. In a medium bowl, combine the garlic, ginger, beef mince, chilli flakes (if using), soy sauce, oyster sauce and the sugar. Set aside.



PREP THE VEG
Cut the carrot (unpeeled) into thin half-moons. Thinly slice the red capsicum. Thinly slice the spring onion. Roughly chop the Asian greens. Shred the cos lettuce. Roughly chop the coriander.



Heat a drizzle of olive oil in a large frying pan or wok over high heat. Once hot, add the carrot and the red capsicum and cook, stirring, for 2-3 minutes or until slightly softened. Add the Asian greens and cook for a further 30 seconds, or until wilted and tender. Transfer to a medium bowl and return the pan to high heat with a drizzle of olive oil. Once hot, add the beef mince and cook, breaking up with a wooden spoon, for 3-4 minutes, or until browned. Transfer to the bowl with the vegetables.



Return the pan to a high heat with a drizzle of olive oil. Crack the eggs into the pan and add the cooked rice on top. Stir continuously to coat the grains of rice with egg. Add the salt (see ingredients list), cos lettuce and spring onion and cook, stirring for 1-2 minutes, or until the lettuce softens and wilts. \*TIP: If you don't like the texture of wilted lettuce, add it just before serving so it retains some crunch! Add the beef and cooked vegetables and toss until heated through.



**SERVE UP**Divide the fried rice between plates.

Top with the **crispy shallots**, coriander and drizzle the adults' portions with the **sweet chilli sauce**.

\* TIP: For kids, follow our serving suggestion in the main photo!

**ENJOY!** 

#### 4-5 PEOPL

### **INGREDIENTS**

	4-5P	
olive oil*	refer to method	
water*	2 ½ cups	
jasmine rice	2 packets	
garlic	2 cloves	
ginger	1 knob	
beef mince	1 packet	
chilli flakes (optional)	pinch	
soy sauce*	1 tbs	
oyster sauce	1 tub (50 g)	
sugar*	1 tsp	
carrot	1	
red capsicum	1	
spring onion	1 bunch	
Asian greens	1 bunch	
cos lettuce	1 bag	
coriander	1 bunch	
eggs*	2	
salt*	1 tsp	
crispy shallots	1 packet	
sweet chilli sauce	<b>1 tub</b> (50 g)	

\*Pantry Items

NUTRITION	PER SERVING	<b>PER 100G</b>
Energy (kJ)	4170kJ (995Cal)	525kJ (125Cal)
Protein (g)	79.5g	10.0g
Fat, total (g)	30.9g	3.9g
- saturated (g)	12.1g	1.5g
Carbohydrate (g)	95.3g	12.0g
- sugars (g)	29.2g	3.7g
Sodium (g)	2740mg	345mg

For allergens and ingredient information, visit **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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