



Chinese Hoisin Beef Bowl

with Garlic Rice & Sesame Mayo

Grab your Meal Kit
with this symbol



Garlic



Jasmine Rice



Carrot



Zucchini



Capsicum



Hoisin Sauce



Sesame Oil
Blend



Mayonnaise



Beef Strips



Roasted Peanuts

 Hands-on: **25-35 mins**
Ready in: **30-40 mins**

Whip up classic Chinese flavours in an easy beef bowl with plenty of colourful veggies. It's simple, fast and tasty and beats takeaway any night of the week!

Pantry items

Olive Oil, Butter, Soy Sauce,
Rice Wine Vinegar

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 a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
butter*	20g	40g
jasmine rice	1 packet	2 packets
water* (for the rice)	1¼ cup	2½ cups
salt*	¼ tsp	½ tsp
carrot	1	2
zucchini	1	2
capsicum	1	2
hoisin sauce	1 sachet	2 sachets
soy sauce*	1½ tbs	3 tbs
rice wine vinegar*	1 tbs	2 tbs
water* (for the sauce)	1 tbs	2 tbs
sesame oil blend	½ tub	1 tub
mayonnaise	1 packet (40g)	1 packet (100g)
beef strips	1 small packet	1 medium packet
roasted peanuts	1 packet	2 packets

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3765kJ (899Cal)	579kJ (138Cal)
Protein (g)	49.1g	7.6g
Fat, total (g)	34.3g	5.3g
- saturated (g)	9.2g	1.4g
Carbohydrate (g)	93.8g	14.4g
- sugars (g)	29.9g	4.6g
Sodium (mg)	1768mg	272mg

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 garlic rice

Finely chop the **garlic**. In a medium saucepan, melt the **butter** with a dash of **olive oil** over a medium heat. Add the **garlic** and cook until fragrant, **1-2 minutes**. Add the **jasmine rice**, **water** (for the rice) and the **salt**, stir, and bring to the boil. Reduce the heat to low and cover with a lid. Cook for **12 minutes**, then remove from the heat and keep covered until the rice is tender and the water has absorbed, **10-15 minutes**.

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



Get prepped

While the rice is cooking, cut the **carrot** (unpeeled) into half-moons. Cut the **zucchini** into half-moons. Cut the **capsicum** into 2cm chunks.



Make the sauces

In a small bowl, combine the **hoisin sauce**, **soy sauce**, **rice wine vinegar**, **water (for the sauce)** and 1/2 the **sesame oil blend** (see ingredients). In a second small bowl, combine the **mayonnaise**, remaining **sesame oil blend** and a splash of **water**.



Cook the veggies

Heat a drizzle of **olive oil** in a large frying pan over a medium-high heat. Cook the **carrot**, **zucchini** and **capsicum** until softened, **5-6 minutes**. Transfer to a medium bowl and set aside.



Cook the beef

Return the frying pan to a high heat with a drizzle of **olive oil**. When the oil is hot, cook the **beef strips**, in batches, until browned and cooked through, **1-2 minutes**. Transfer to a plate. Return the **beef** and cooked **veggies** to the pan. Add the **hoisin sauce mixture** and cook until bubbling, **30 seconds**.

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



Serve up

Divide the garlic rice between bowls. Top with the hoisin beef and veggie mixture. Garnish with the **roasted peanuts**. Drizzle with the sesame mayo to serve.

Enjoy!