



Garlic Beef & Veggie Stir-Fry

with Garlic Rice & Crushed Peanuts

Grab your Meal Kit
with this symbol



Garlic



Jasmine Rice



Ginger



Beef Strips



Carrot



Capsicum



Green Beans



Oyster Sauce






Sesame Oil
Blend



Long Red Chilli
(Optional)



Crushed Peanuts

 Hands-on: **30-40 mins**
 Ready in: **35-45 mins**
 Spicy (optional
long red chilli)

If you're a long-time lover of the signature mix of sweet, spicy and salty, then you're going to go nuts for this stir-fry. Combine lightly marinated beef with capsicum, carrot and crisp green beans for a colourful array of flavours and textures.

Pantry items

Olive Oil, Butter, Soy Sauce, Honey

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 wok or frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	4 cloves	8 cloves
butter*	20g	40g
jasmine rice	1 packet	2 packets
water*		
(for the rice)	1¼ cups	2½ cups
salt*	¼ tsp	½ tsp
ginger	1 knob	2 knobs
beef strips	1 packet	1 packet
carrot	1	2
capsicum	1	2
green beans	1 bag (100g)	1 bag (200g)
oyster sauce	1 sachet (100g)	2 sachets (200g)
sesame oil blend	½ packet	1 packet
soy sauce*	2 tsp	1 tbs
honey*	2 tsp	1 tbs
water*		
(for the sauce)	1 tbs	2 tbs
long red chilli (optional)	½	1
crushed peanuts	1 packet	2 packets

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3405kJ (813Cal)	590kJ (141Cal)
Protein (g)	45.1g	7.8g
Fat, total (g)	26.7g	4.6g
- saturated (g)	8.8g	1.5g
Carbohydrate (g)	93.3g	16.2g
- sugars (g)	25.9g	4.5g
Sodium (mg)	2942mg	510mg

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.

1

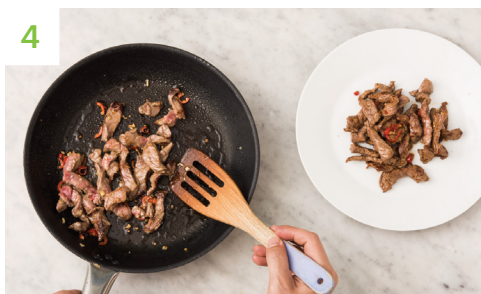


Cook the garlic rice

Finely chop the **garlic**. In a medium saucepan, melt the **butter** with a dash of **olive oil** over a medium heat. Add **1/2** 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 is absorbed, **10-15 minutes**.

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

4



Cook the beef

In a large wok or frying pan, heat a drizzle of **olive oil** over a high heat. When the oil is hot, cook the **beef strips**, in batches, tossing, until browned, **1-2 minutes**. Transfer to a plate.

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

2



Flavour the beef

While the rice is cooking, finely grate the **ginger**. In a medium bowl, combine the **beef strips**, **remaining garlic** and **1/2** the **ginger**, then drizzle with **olive oil**. Toss to coat and set aside.

5



Cook the veggies

In a small bowl, combine the **oyster sauce**, **sesame oil blend** (see ingredients), **soy sauce**, **honey** and **water (for the sauce)**. Return the wok or frying pan to a medium-high heat with a drizzle of **olive oil**. Add the **carrot**, **capsicum** and **green beans** and cook until softened, **5-6 minutes**. Add the **remaining ginger** and cook until fragrant, **1 minute**. Add the **oyster sauce mixture**. Cook, stirring, until slightly thickened, **1-2 minutes**. Return the **beef strips** to the pan and toss together until warmed through.

3



Get prepped

Thinly slice the **carrot** (unpeeled) into half-moons. Thinly slice the **capsicum**. Trim and halve the **green beans**.

6



Serve up

Thinly slice the **long red chilli** (if using). Divide the garlic rice and beef stir-fry between bowls. Sprinkle with the **crushed peanuts** and chilli.

Enjoy!