



Ginger-Pepper Beef & Garlic Cauli-Rice

with Veggies & Crushed Peanuts

NEW

Grab your Meal Kit with this symbol



Carrot



Zucchini



Brown Onion



Garlic



Black Peppercorns



Oyster Sauce



Crushed Peanuts



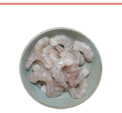
Beef Strips



Ginger Paste



Cauliflower Rice



Prawns

Prep in: 20-30 mins
Ready in: 25-35 mins

Carb Smart

Eat Me First*
*Custom Recipe only

When you want to keep the carbs (and cook-time!) down, swap rice for our fluffy, pre-prepped cauli rice. Together with the juicy beef strips and crisp veggies, it soaks up the slightly sweet and zingy stir-fry sauce like a treat.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Honey, 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

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
zucchini	1	2
brown onion	1	2
garlic	3 cloves	6 cloves
black peppercorns	1 medium packet	1 large packet
beef strips	1 small packet	1 medium packet
oyster sauce	1 packet (50g)	1 packet (100g)
ginger paste	1 medium packet	1 large packet
honey*	½ tbs	1 tbs
cauliflower rice	1 packet (250g)	1 packet (500g)
soy sauce*	1 tbs	2 tbs
crushed peanuts	1 medium packet	1 large packet
prawns**	1 packet (200g)	2 packets (400g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1703kJ (407Cal)	318kJ (76Cal)
Protein (g)	39.1g	7.3g
Fat, total (g)	14.3g	2.7g
- saturated (g)	4.2g	0.8g
Carbohydrate (g)	28.8g	5.4g
- sugars (g)	23.5g	4.4g
Sodium (mg)	1726mg	323mg
Dietary Fibre (g)	10.3g	1.9g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1267kJ (303Cal)	248kJ (59Cal)
Protein (g)	22.9g	4.5g
Fat, total (g)	7.3g	1.4g
- saturated (g)	1.2g	0.2g
Carbohydrate (g)	28.8g	5.6g
- sugars (g)	23.5g	4.6g
Sodium (mg)	2310mg	453mg
Dietary Fibre (g)	10.3g	2g

The quantities provided above are averages only.

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.

We're here to help!

Scan here if you have any questions or concerns



Get prepped

- Thinly slice **carrot** and **zucchini** into half-moons. Thinly slice **brown onion**. Finely chop **garlic**.
- Lightly crush **black peppercorns** with a pestle and mortar or in their sachet using a rolling pin.
- In a medium bowl, combine **beef strips**, **onion**, **peppercorns**, a pinch of **salt** and a drizzle of **olive oil**.
- In a small bowl, combine **oyster sauce**, **ginger paste**, the **honey** and 1/2 the **garlic**.

Custom Recipe: If you've upgraded to prawns, combine prawns with onion, black peppercorns, salt and olive oil as above.



Cook the beef

- Return pan to high heat with a drizzle of **olive oil**. When oil is hot, cook **beef** and **onion**, tossing, in batches (this helps the beef stay tender!) until browned and cooked through, **2-4 minutes**.
- Add **sauce mixture** and return all cooked **beef** to the pan, tossing to combine, **1 minute**. Season.

Custom Recipe: Return pan, to medium-high heat with a drizzle of olive oil. Cook prawns and onion, tossing, until prawns are pink and starting to curl up, 3-4 minutes. Add sauce mixture and continue as above.



Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **carrot** and **zucchini**, tossing, until tender, **2-3 minutes**. Stir in remaining **garlic** and cook until fragrant, **1 minute**.
- Add **cauliflower rice** and the **soy sauce** and cook, stirring, until softened **2-4 minutes**. Season with **pepper**. Transfer to serving bowls.



Serve up

- Top garlic cauliflower rice and veggies with ginger-pepper beef.
- Sprinkle over **crushed peanuts** to serve. Enjoy!

Rate your recipe

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