



GINGER-SOY BEEF STIR-FRY

with Broccoli & Peanuts



Use our famous stir-fry sauce to save time!



Jasmine Rice



Garlic



Beef Strips



Carrot



Broccoli



Red Capsicum



Ginger Soy Stir-Fry Sauce



Crushed Peanuts



Hands-on: **25** mins

Ready in: **35** mins

Whip up a classic stir-fry using an easy ginger-soy sauce plus plenty of colourful veggies and tender beef strips. It's simple, fast and tasty and beats takeaway any night of the week!

Pantry Staples: Olive Oil, Soy Sauce, Brown Sugar

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **medium saucepan** with a **lid**
- **large frying pan**



1 COOK THE JASMINE RICE

Add the **water** to a medium saucepan and bring to the boil. Add the **jasmine rice**, stir, cover with a lid and reduce the heat to low. Cook for **12 minutes**, then remove the pan from the heat and keep covered for another **10-15 minutes**, or until the rice is tender and all the water is absorbed. **TIP:** *The rice will finish cooking in its own steam so don't peek!*



2 GET PREPPED

While the rice is cooking, finely chop the **garlic** (or use a garlic press). In a large bowl, combine the garlic, **beef strips**, **soy sauce** and **brown sugar** with a **drizzle of olive oil** and toss to combine. Thinly slice the **carrot** (unpeeled) into half-moons. Cut the **broccoli** into small florets and roughly chop the stalk. Thinly slice the **red capsicum**.



3 COOK THE BEEF

Heat a large frying pan over a high heat. Add **1/3** of the **beef strips** and cook for **1-2 minutes**, or until browned and cooked through. Set aside in a bowl and repeat with the remaining beef strips. **TIP:** *Cooking the meat in batches over a high heat allows it to brown, develop flavour and stay tender instead of stewing in the pan.*



4 COOK THE VEGGIES

Return the frying pan to a medium-high heat with a **drizzle of olive oil**. Add the **carrot**, **broccoli** and **red capsicum** to the pan with a **dash of water** and cook, tossing regularly, for **5-6 minutes**, or until just tender.

TIP: *Add dashes of water as you go to help the veg cook evenly!*



5 ADD THE SAUCE

Return the **beef** and any **resting juices** to the frying pan with the veggies. Add the **ginger soy stir-fry sauce** and cook for **1-2 minutes**, or until well combined and the beef has heated through.



6 SERVE UP

Divide the jasmine rice between bowls. Top with the ginger soy beef stir-fry and spoon over remaining sauce from the pan. Garnish with the **crushed peanuts**.

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
water*	2 1/2 cups
jasmine rice	2 packets
garlic	3 cloves
beef strips	1 packet
soy sauce*	1 tbs
brown sugar*	1 tbs
carrot	2
broccoli	1
red capsicum	1
ginger soy stir-fry sauce	1 sachet (150 g)
crushed peanuts	2 packets

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2810kJ (672Cal)	609kJ (146Cal)
Protein (g)	47.8g	10.3g
Fat, total (g)	17.1g	3.7g
- saturated (g)	4.5g	1.0g
Carbohydrate (g)	78.3g	17.0g
- sugars (g)	14.0g	3.0g
Sodium (g)	1540mg	334mg

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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