



# Honey-Soy Beef Strips

with Peanut Sauce & Veggies

Grab your Meal Kit with this symbol



Jasmine Rice



Garlic



Beef Strips



Broccoli



Carrot



Asian Greens



Lime



Long Red Chilli (Optional)



Coconut Milk



Dark Roasted Peanut Butter



Crispy Shallots

Hands-on: 25 mins  
 Ready in: 30 mins

Spicy (optional long red chilli)

Nutty, flavoursome and simply delicious, this stir-fry brings together quick-cooking beef strips with a colourful array of veggies. The creamy peanut sauce is the perfect finishing touch on this tasty family meal.

### Pantry items

Olive Oil, Soy Sauce, Honey, Brown Sugar



## Before you start

Our fruit and veggies need a little wash first!

### You will need

Two medium saucepans (one with a lid) ·  
Large frying pan

### Ingredients

	4 People
olive oil*	refer to method
water*	2½ cups
jasmine rice	2 packets
garlic	4 cloves
beef strips	1 packet
soy sauce* (for the beef)	¼ cup
honey*	1½ tbs
broccoli	1 head
carrot	1
Asian greens	1 bunch
lime	1
long red chilli (optional)	1
coconut milk	1 box (200ml)
dark roasted peanut butter	2 packets
soy sauce* (for the sauce)	2 tsp
brown sugar*	2 tsp
crispy shallots	1 packet

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	3410kJ (815Cal)	710kJ (170Cal)
Protein (g)	49.0g	10.2g
Fat, total (g)	31.6g	6.6g
- saturated (g)	14.3g	3.0g
Carbohydrate (g)	77.5g	16.1g
- sugars (g)	13.8g	2.9g
Sodium (g)	1040mg	216mg

### Allergens

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)



## 1. Cook the 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 until the rice is tender and all the water is absorbed, **10-15 minutes**.

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



## 4. Make the peanut sauce

While the veggies are cooking, heat a **drizzle of olive oil** in a second medium saucepan over a medium-high heat. Add the **remaining garlic** and cook until fragrant, **1 minute**. Add the **coconut milk, dark roasted peanut butter, soy sauce (for the sauce), brown sugar** and a **generous squeeze of lime juice**. Bring to the boil and stir to combine. Reduce the heat to medium and simmer until slightly thickened, **1 minute**. Cover to keep warm and set aside.



## 2. Get prepped

While the rice is cooking, finely chop the **garlic** (or use a garlic press). In a medium bowl, place the **beef strips, soy sauce (for the beef), honey** and **1/2 the garlic**. Toss to coat and set aside to marinate. Cut the **broccoli** into small florets and roughly chop the stalk. Thinly slice the **carrot** (unpeeled) into half-moons. Roughly chop the **Asian greens**. Slice the **lime** into wedges. Thinly slice the **long red chilli** (if using).



## 5. Cook the beef

Return the frying pan to a high heat with a **drizzle of olive oil**. When the oil is hot, use tongs to pick up **1/3 of the beef strips** and allow the excess marinade to drip back into the bowl. Add the **beef strips** to the pan and cook, tossing, until browned and cooked through, **1-2 minutes**. Transfer to a plate, wipe out the pan if needed and repeat with the **remaining beef strips**. Pour the excess marinade into the empty pan and heat until bubbling.

**TIP:** *Cooking the meat in batches over a high heat keeps it tender.*



## 3. Cook the veggies

In a large frying pan, heat a **drizzle of olive oil** over a medium-high heat. Add the **broccoli, carrot** and then a **splash of water** and cook until tender, **6-7 minutes**. Add the **Asian greens** and stir through until wilted, **2 minutes**. Season to taste with **salt** and **pepper**. Transfer to a large bowl and cover to keep warm.



## 6. Serve up

Divide the jasmine rice between bowls and top with the honey-soy beef strips (plus any sauce in the frying pan) and veggies. Spoon over the peanut sauce and sprinkle with the **crispy shallots** and chilli (if using). Squeeze over the remaining lime wedges to serve.

**Enjoy!**