



# Honey-Soy Beef Strips

with Peanut Sauce & Veggies

Grab your Meal Kit with this symbol



Jasmine Rice



Garlic



Beef Strips



Broccoli



Carrot



Lemon



Long Red Chilli (Optional)



Coconut Milk



Dark Roasted Peanut Butter



Crispy Shallots

Hands-on: **15-25** mins  
Ready in: **20-30** mins

Spicy (optional long red chilli)

Nutty, flavoursome and incredibly moreish, this stir-fry brings together quick-cooking beef strips with a colourful array of veggies. The creamy peanut sauce is the icing on top of this tasty family-friendly meal!

## Pantry items

Olive Oil, Soy Sauce, Honey, Brown Sugar

## 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

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

### Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
water*	1¼ cups	2½ cups
jasmine rice	1 packet	2 packets
garlic	2 cloves	4 cloves
soy sauce* (for the beef)	2 tbs	¼ cup
honey*	3 tsp	1½ tbs
beef strips	1 packet	1 packet
broccoli	1 head	2 heads
carrot	1	2
lemon	½	1
long red chilli (optional)	½	1
coconut milk	½ tin (82.5ml)	1 tin (165ml)
dark roasted peanut butter	1 packet	2 packets
soy sauce* (for the sauce)	1 tsp	2 tsp
brown sugar*	1 tsp	2 tsp
crispy shallots	1 packet	2 packets

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	3350kJ (800Cal)	566kJ (135Cal)
Protein (g)	56g	9.5g
Fat, total (g)	24.5g	4.1g
- saturated (g)	9.4g	1.6g
Carbohydrate (g)	81.2g	13.7g
- sugars (g)	17.1g	2.9g
Sodium (mg)	1219mg	206mg

### Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://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 rice

In a medium saucepan, bring the **water** 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 (see ingredients list)**, **peanut butter**, a **generous squeeze of lemon juice**, **soy sauce (for the sauce)** and **brown sugar**. Bring to the boil and stir to combine. Reduce the heat to medium and simmer until slightly thickened, **1 minute**. Set aside.

**TIP:** *If the sauce looks too thick, add a dash of water to loosen!*



## 2. Get prepped

While the rice is cooking, finely chop the **garlic** (or use a garlic press). In a medium bowl, combine the **soy sauce (for the beef)**, **honey** and **1/2 the garlic**. Add the **beef strips** and toss to coat. Set aside to marinate. Cut the **broccoli** into small florets and roughly chop the stalk. Thinly slice the **carrot** (unpeeled) into half-moons. Slice the **lemon (see ingredients list)** 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**. Once hot, use tongs to pick up **1/3 of the beef strips** and allow the **excess marinade** to drip back into the bowl. Add 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 a **splash of water** and cook until tender, **6-7 minutes**. Season to taste. 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) and veggies. Spoon over the peanut sauce, sprinkle over the **crispy shallots** and long red chilli (if using). Serve with the remaining lemon wedges.

## Enjoy!