



# Indonesian-Style Beef & Stir-Fry Veggies

with Fried Egg & Peanuts

Grab your Meal Kit with this symbol



Jasmine Rice



Carrot



Asian Greens



Green Beans



Garlic



Sesame Oil Blend



Crushed Peanuts



Kecap Manis



Ginger Paste



Beef Mince



Beef Strips

Prep in: **20-30 mins**  
Ready in: **30-40 mins**

Everyone loves a stir-fry, but when you add a rainbow of veggies, sweet-soy beef mince and lots of aromatic flavours, this winner dish becomes even more beloved. With crunchy peanuts and fluffy jasmine rice, this meal is a guaranteed crowd-pleaser.

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

### Pantry items

Olive Oil, Soy Sauce, Rice Wine Vinegar, Eggs

## 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 frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
<b>water*</b>	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
carrot	1	2
Asian greens	1 bunch	2 bunches
green beans	1 small bag	1 medium bag
garlic	2 cloves	4 cloves
kecap manis	1 packet	2 packets
ginger paste	1 medium packet	1 large packet
sesame oil blend	1 packet	2 packets
<b>soy sauce*</b>	1½ tbs	3 tbs
<b>rice wine vinegar*</b>	½ tbs	1 tbs
beef mince	1 small packet	1 medium packet
<b>eggs*</b>	2	4
crushed peanuts	1 medium packet	1 large packet
beef strips**	1 small packet	1 medium packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4133kJ (988Cal)	714kJ (171Cal)
Protein (g)	47.4g	8.2g
Fat, total (g)	37.2g	6.4g
- saturated (g)	9.7g	1.7g
Carbohydrate (g)	110.1g	19g
- sugars (g)	36.3g	6.3g
Sodium (mg)	1728mg	299mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3974kJ (950Cal)	687kJ (164Cal)
Protein (g)	49.8g	8.6g
Fat, total (g)	31.9g	5.5g
- saturated (g)	7.3g	1.3g
Carbohydrate (g)	110.1g	19g
- sugars (g)	36.3g	6.3g
Sodium (mg)	1721mg	297mg

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](https://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!

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## Cook the rice

- Add the **water** to a medium saucepan and bring to the boil.
- Add **jasmine rice**. Stir, cover with a lid and reduce heat to low.
- Cook for **12 minutes**, then remove pan from heat.
- Keep covered until 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!



## Cook the beef

- In a small bowl, combine **kecap manis**, **ginger paste**, **sesame oil blend**, the **soy sauce**, the **rice wine vinegar** and remaining **garlic**. Set aside.
- Return frying pan to high heat with a drizzle of **olive oil**. Cook **beef mince**, breaking up with a spoon, until just browned, **3-4 minutes**.
- Add the **sauce mixture** and cook, tossing, until slightly reduced, **1 minute**. Transfer to a bowl and cover to keep warm.

**TIP:** For best results, drain the oil from the pan once the mince has browned.

**Custom Recipe:** If you've swapped to beef strips, prep the pan as above. When oil is hot, cook beef strips in batches (to help it stay tender), tossing, until browned and cooked through, 1-2 minutes. Continue with the step.



## Get prepped

- While the rice is cooking, thinly slice **carrot** into half-moons.
- Roughly chop **Asian greens**.
- Trim and halve **green beans**.
- Finely chop **garlic**.



## Fry the eggs

- Wipe out frying pan and return to high heat with a drizzle of **olive oil**.
- When oil is hot, crack **eggs** into pan and cook until the whites are firm and the yolks are cooked to your liking, **2-3 minutes**.



## Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Stir-fry **carrot** and **green beans** until tender, **4-5 minutes**.
- Add **Asian greens** and 1/2 the **garlic**. Cook until fragrant and wilted, **1-2 minutes**.
- Transfer to a bowl and cover to keep warm.



## Serve up

- Divide rice between bowls. Top with Indonesian-style beef, stir-fry veggies and fried egg.
- Sprinkle with **crushed peanuts** to serve. Enjoy!

## Rate your recipe

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