



JAPANESE BEEF STIR-FRY

with Sesame Veggies



Make a Japanese style dressing



Basmati Rice



Ginger



Beef Strips



Brown Onion



Carrot



Red Capsicum



Asian Greens



Sesame Seeds



Mayonnaise



Hands-on: **30** mins
Ready in: **35** mins

We used a mix of ginger and soy in this delicious marinade to make the beef strips extra tender and flavoursome. Served with a colourful array of stir-fried veggies and topped with a golden, toasted sesame dressing, this dinner will satisfy the whole family.

Pantry Staples: Olive Oil, Sugar, Soy Sauce

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, medium saucepan** with **lid, fine grater, two medium bowls, large frying pan** and **whisk**.



1 COOK THE RICE

In a medium saucepan, bring the **water** (see ingredients list) to the boil. Add the **basmati rice**, stir, cover with a lid and reduce the heat to low. Cook for **10 minutes**, then remove the pan from the heat and keep covered for another **10 minutes**, or until the rice is tender and the water is absorbed.

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



4 COOK THE SESAME GREENS

Return the large frying pan to a high heat with a **drizzle of olive oil**. Once hot, add the **carrot** and cook for **2 minutes**, or until nearly tender. Add the **onion** and **red capsicum** and cook, stirring, for **2-3 minutes**, or until softened. Add the **Asian greens** and a **dash of water** and cook for a further **1 minute**, or until the greens have wilted. Transfer the **cooked vegetables** to the bowl with the sesame dressing and toss to coat.



2 ADD FLAVOUR TO THE BEEF

While the rice is cooking, finely grate the **ginger**. In a medium bowl, combine the ginger, **beef strips, 2 tbs sugar, 2 tbs soy sauce** and a **drizzle of olive oil**. Toss to coat the beef and set aside.

Cut the **carrot** (unpeeled) into 0.5cm half moons. Thinly slice the **brown onion**. Thinly slice the **red capsicum**. Roughly chop the **Asian greens**.



5 COOK THE BEEF

Wipe out the frying pan and return to a high heat with a **drizzle of olive oil**. Once hot, add **1/3 of the beef strips** and cook for **1-2 minutes**, or until browned and cooked through. Transfer to a plate and repeat with the remaining beef strips. **TIP:** Cooking the meat in batches over a high heat allows it to brown and develop flavour instead of stewing in the pan.



3 MAKE THE SESAME DRESSING

Heat a large frying pan over a medium-high heat and add the **sesame seeds**. Toast, tossing, for **3-4 minutes**, or until golden. Transfer to a medium bowl (reserve some for a garnish!). Add the **mayonnaise, 1 tbs sugar** and **1 tbs soy sauce** to the toasted sesame seeds. Whisk to combine.



6 SERVE UP

Divide the rice between plates and top with the Japanese beef stir-fry and sesame veggies. Top with any extra dressing and sprinkle with the reserved sesame seeds.

TIP: For kids, follow our serving suggestion in the main photo!

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
water*	3 cups
basmati rice	2 packets
ginger	1 knob
beef strips	1 packet
sugar*	3 tbs
soy sauce*	3 tbs
carrot	2
brown onion	1
red capsicum	1
Asian greens	1 bunch
sesame seeds	2 packets
mayonnaise	1 tub (40 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2590kJ (618Cal)	532kJ (127Cal)
Protein (g)	42.0g	8.6g
Fat, total (g)	16.1g	3.3g
- saturated (g)	3.9g	0.8g
Carbohydrate (g)	71.8g	14.8g
- sugars (g)	7.4g	1.5g
Sodium (g)	185mg	38mg

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

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