

JAPANESE BEEF STIR-FRY

with Sesame Veggies





Make a Japanese style dressing









Brown Onion



Carrot



Red Capsicum



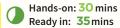
Asian Greens





Mayonnaise

Pantry Staples: Olive Oil, Sugar, Soy Sauce



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.

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.



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!



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

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**.



MAKE THE SESAME DRESSING
Heat a large frying pan over a mediumhigh 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.



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.



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.



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 PEOPLI

INGREDIENTS

	7	
	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**

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2018 | WK33

