

Mongolian Beef & Snow Pea Stir-Fry

with Jasmine Rice

Grab your Meal Kit
with this symbol



Jasmine Rice



Garlic



Ginger



Oyster Sauce



Beef Strips



Capsicum



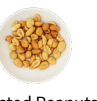
Carrot



Snow Peas



Long Red Chilli
(Optional)



Roasted Peanuts



Hands-on: **25-35 mins**
Ready in: **35-45 mins**



Calorie Smart



Spicy (optional
long red chilli)

It's been a Chinese restaurant staple for years and now it's time to master it in your own kitchen. For the perfect result, make sure your pan is searing hot before adding the beef strips. Don't be afraid to only cook the veggies for a few minutes either – you want them to keep a little bite.

Pantry items

Olive Oil, Soy Sauce, 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

Medium saucepan with lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
water*		
(for the rice)	1¼ cups	2½ cups
jasmine rice	1 packet	2 packets
garlic	1 clove	2 cloves
ginger	1 knob	2 knobs
soy sauce*	1 tbs	2 tbs
brown sugar*	3 tsp	1½ tbs
oyster sauce	1 sachet (50g)	1 sachet (100g)
water*		
(for the sauce)	2 tsp	1 tbs
beef strips	1 small packet	1 medium packet
capsicum	1	2
carrot	1	2
snow peas	1 bag (100g)	1 bag (200g)
long red chilli (optional)	½	1
roasted peanuts	1 packet	2 packet

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2582kJ (617Cal)	483kJ (115Cal)
Protein (g)	45.1g	8.4g
Fat, total (g)	8.7g	1.6g
- saturated (g)	1.9g	0.4g
Carbohydrate (g)	85.2g	16g
- sugars (g)	21.7g	4.1g
Sodium (mg)	1714mg	321mg

Allergens

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

Visit 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 (for the rice)** 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!

2



Marinate the beef

While the rice is cooking, finely grate the **garlic**. Finely grate the **ginger**. In a medium bowl, combine the **ginger**, **soy sauce**, **brown sugar**, **oyster sauce**, **water (for the sauce)** and 1/2 the **garlic**. Add the **beef strips** and toss to coat. Set aside to marinate.

TIP: If you have the time, allow the beef to marinate for at least **15 minutes** to enhance the flavour and increase tenderness.

3



Prep the veggies

While the beef is marinating, thinly slice the **red capsicum** into strips. Thinly slice the **carrot** (unpeeled) into half-moons. Trim and halve the **snow peas**.

TIP: Cut the veggies to size so they cook in time.

4



Cook the veggies

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Add the remaining **garlic** and cook until fragrant, **1 minute**. Add the **capsicum** and **carrot** and cook until starting to soften, **2-3 minutes**. Add the **snow peas** and cook, tossing, until tender, **1-2 minutes**. Transfer to a bowl.

5



Cook the beef

Return the frying pan to a high heat with a drizzle of **olive oil**. When the oil is hot, cook the **beef** in batches (allow the excess marinade to drip back into the bowl), tossing often, until browned, **1-2 minutes**. Transfer to the bowl with the **veggies**. Return the **veggies**, **beef** and any excess **marinade** to the pan and toss until combined and heated through.

TIP: Cooking the beef strips in batches on a high heat prevents the meat from stewing and ensures a tender result.

6



Serve up

Thinly slice the **long red chilli** (if using). Divide the jasmine rice, Mongolian beef and snow pea stir-fry between bowls. Sprinkle with the **roasted peanuts**. Garnish with chilli.

TIP: For the Calorie Smart option, serve without the roasted peanuts.

Enjoy!