



Quick Soy-Ginger Beef

with Cucumber Slaw, Garlic Rice & Peanuts

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Carrot



Cucumber



Ginger Paste



Shredded Cabbage Mix



Garlic Aioli



Beef Strips



Crushed Peanuts



Beef Strips

Prep in: **20-30 mins**
Ready in: **25-35 mins**

Naturally Gluten-Free
Not suitable for coeliacs

In this textural, Asian-inspired dish, the ginger marinade adds a subtle warmth and sweetness to juicy beef strips, which the fluffy garlic rice happily welcomes. A jammy fried egg brings everything together beautifully.



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

Pantry items

Olive Oil, Butter, Soy Sauce (or Gluten-Free Tamari Soy Sauce), Brown Sugar, White 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
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
butter*	20g	40g
jasmine rice	1 medium packet	1 large packet
water*	1¼ cups	2½ cups
carrot	1	2
cucumber	1	2
ginger paste	1 medium packet	1 large packet
soy sauce*		
(or gluten-free tamari soy sauce)	2 tbs	¼ cup
brown sugar*	2 tbs	¼ cup
shredded cabbage mix	1 medium bag	1 large bag
garlic aioli	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle
eggs*	2	4
beef strips	1 small packet	1 medium packet
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)	3943kJ (942Cal)	657kJ (157Cal)
Protein (g)	52.6g	8.8g
Fat, total (g)	39.5g	6.6g
- saturated (g)	12.1g	2g
Carbohydrate (g)	88.3g	14.7g
- sugars (g)	24.8g	4.1g
Sodium (mg)	1405mg	234mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4715kJ (1127Cal)	651kJ (156Cal)
Protein (g)	82.8g	11.4g
Fat, total (g)	46.4g	6.4g
- saturated (g)	15g	2.1g
Carbohydrate (g)	88.3g	12.2g
- sugars (g)	24.8g	3.4g
Sodium (mg)	1471mg	203mg

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

If you have any questions or concerns, please visit hellofresh.com.au/contact

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1



Cook the rice

- Finely chop **garlic**.
- In a medium saucepan, melt the **butter** with a dash of **olive oil** over medium heat. Cook **garlic** until fragrant, **1-2 minutes**.
- Add **jasmine rice**, the **water** and a generous pinch of **salt**. Bring to the boil. Reduce heat to low and cover with a lid. Cook for **10 minutes**, then remove from heat.
- Keep covered until rice is tender and water is absorbed, **10 minutes**.

3



Cook the eggs & beef

- When the rice has **10 minutes** remaining, heat a large frying pan over high heat with a drizzle of **olive oil**. When oil is hot, crack the **eggs** into pan. Cook until egg whites are firm and yolks are cooked to your liking, **2-3 minutes**. Transfer to a plate and cover to keep warm.
- Wipe out frying pan, then return to high heat with a drizzle of **olive oil**. When oil is hot, cook **beef strips**, in batches, until browned and cooked through, **1-2 minutes**. Add **soy-ginger mixture**, then return cooked **beef** to pan and cook, tossing, until bubbling, **1 minute**.

CUSTOM RECIPE

If you've doubled your beef strips, cook beef in batches for best results.

2



Get prepped & make the slaw

- While the rice is cooking, grate **carrot**. Roughly chop **cucumber**.
- In a small bowl, combine **ginger paste**, the **soy sauce** and the **brown sugar**. Season with **pepper**. Set aside.
- In a medium bowl, combine **carrot**, **cucumber**, **shredded cabbage mix**, **garlic aioli** and a drizzle of **olive oil** and **white wine vinegar**. Toss to combine. Season to taste, then set aside.

Little cooks: Help combine the ingredients for the marinade and the slaw!

4



Serve up

- Divide garlic rice between plates or bowls. Top with soy-ginger beef, cucumber slaw and fried egg.
- Sprinkle with **crushed peanuts** to serve.

Little cooks: Show them how it's done and help plate up!

Enjoy!

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