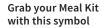
# Quick Soy-Ginger Beef with Cucumber Slaw, Garlic Rice & Peanuts

















Cucumber

Carrot





Ginger Paste



Garlic Aioli



Beef Strips



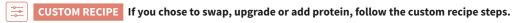
**Crushed Peanuts** 



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.



## 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

9		
	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	1/4 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

<sup>\*</sup>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

2022 | CW22



#### 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.

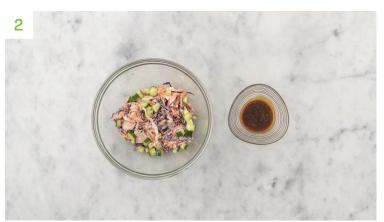


# Cook the eggs & beef

- 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.



# 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!



## 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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