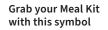
Sesame Beef & Broccoli Stir-Fry

with Garlic Rice

















Brown Onion





Carrot







Blend



Oyster Sauce

Crispy Shallots

Pantry items

Olive Oil, Butter, Brown Sugar, Rice Wine Vinegar, Soy Sauce

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	3 cloves	6 cloves	
butter*	20g	40g	
jasmine rice	1 packet	2 packets	
water*	1¼ cups	2½ cups	
salt*	1/4 tsp	½ tsp	
brown onion	1	2	
broccoli	1 head	2 heads	
carrot	1	2	
sesame seeds	1 sachet	1 sachet	
beef strips	1 small packet	1 medium packet	
oyster sauce	1 packet (100g)	2 packets (200g)	
sesame oil blend	1 tub	2 tubs	
brown sugar*	1 tsp	2 tsp	
rice wine vinegar*	1 tsp	2 tsp	
soy sauce*	1 tbs	2 tbs	
crispy shallots	1 sachet	2 sachets	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3713kJ (887Cal)	564kJ (135Cal)
Protein (g)	53.3g	8.1g
Fat, total (g)	31.4g	4.8g
- saturated (g)	10.5g	1.6g
Carbohydrate (g)	91.4g	13.9g
- sugars (g)	23.9g	13.9g
Sodium (mg)	3135mg	476mg

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.



Cook the garlic rice

Finely chop the **garlic**. In a medium saucepan, melt the **butter** with a dash of **olive oil** over a medium heat. Add 1/2 the **garlic** and cook until fragrant, **1-2 minutes**. Add the **jasmine rice**, **water** and the **salt**, stir and bring to the boil. Reduce the heat to low and cover with a lid. Cook for **12 minutes**, then remove from the heat and keep covered until the rice is tender and the water has absorbed, **10-15 minutes**.

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



Get prepped

Thinly slice the **brown onion**. Cut the **broccoli** into small florets and roughly chop the stalk. Thinly slice the **carrot** into half-moons. Heat a large frying pan over a medium-high heat. Add the **sesame seeds** and toast, tossing, until golden, **3-4 minutes**. Transfer to a small bowl.



Cook the beef

Return the frying pan and heat a drizzle of **olive oil** over a high heat. When the oil is hot, cook the **beef strips** until browned and cooked through, **1-2 minutes** (cook in batches if your pan is getting crowded). Reduce the heat to low and add the remaining **garlic** and pinch of **pepper** and cook until fragrant, **1 minute**. Transfer to a plate.



Cook the veggies

Return the large frying pan to a high heat and add a drizzle of **olive oil**. Add the **onion**, **carrot**, **broccoli** and a splash of **water** and cook until tender and slightly charred, **5-7 minutes** (cook in batches if your pan is getting crowded). Add extra **oil** if needed. While the **veggies** are cooking, combine the **oyster sauce**, **sesame oil blend**, **brown sugar**, **rice wine vinegar** and **soy sauce** in a small bowl. Set aside.



Bring it together

Reduce the heat to medium and return the **beef** to the pan with the **veggies**. Pour in the **oyster sauce mix** and 1/2 the **sesame seeds**. Stir until everything is well coated and warmed through, **1 minute**. Season with **pepper**.



Serve up

Divide the garlic rice between bowls. Top with the sesame beef and broccoli stir-fry and sprinkle over the remaining sesame seeds. Garnish with the **crispy shallots**.

Enjoy!