



# Sesame Beef & Broccoli Stir-Fry

with Garlic Rice

Grab your Meal Kit  
with this symbol



Garlic



Jasmine Rice



Brown Onion



Broccoli



Carrot



Sesame Seeds



Beef Strips



Oyster Sauce



Sesame Oil  
Blend



Crispy Shallots



Hands-on: **15-25 mins**  
Ready in: **20-30 mins**

Get ready for this Asian-inspired dish bursting with colour and flavour! With a bit of sesame, soy and garlic, your tastebuds will be swimming with delight.

## 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

	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*	¼ 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](https://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 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!

2



## 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.

3



## 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.

4



## 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.

5



## 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**.

6



## 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!