



# Sichuan Beef & Garlic Rice

with Veggie Stir-Fry

Grab your Meal Kit  
with this symbol



Garlic



Basmati Rice



Ginger



Capsicum



Asian Greens



Beef Strips



Sichuan Garlic  
Paste



Spring Onion



Long Red Chilli  
(Optional)



Hands-on: **20-30 mins**  
Ready in: **30-40 mins**



Calorie Smart



Spicy (optional  
long red chilli)

Spice up your night (and your tastebuds!) with this simple, yet sensational stir-fry. Tender beef coated in our irresistible mild Sichuan garlic paste is the star of the show, supported by an array of veggies and fragrant garlic rice.

## Pantry items

Olive Oil, Butter, 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 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
basmati rice	1 packet	2 packets
water*	1½ cups	3 cups
salt*	¼ tsp	½ tsp
ginger	1 knob	2 knobs
capsicum	1	2
Asian greens	1 bunch	2 bunches
beef strips	1 small packet	1 medium packet
Sichuan garlic paste	1 packet	2 packets
soy sauce*	1 tbs	2 tbs
spring onion	1 stem	2 stems
long red chilli (optional)	½	1

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	2504kJ (598Cal)	506kJ (120Cal)
Protein (g)	42.1g	8.5g
Fat, total (g)	23.1g	4.7g
- saturated (g)	7.6g	1.5g
Carbohydrate (g)	49.9g	10.1g
- sugars (g)	16.7g	3.4g
Sodium (mg)	1337mg	270mg

## 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 2/3 of the **garlic** and cook until fragrant, **1-2 minutes**. Add the **basmati rice**, **water** and the **salt**, stir, and bring to the boil. Reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove from the heat and keep covered until the rice is tender and the water has absorbed, **10 minutes**.

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

2



## Get prepped

While the rice is cooking, finely grate the **ginger**. Thinly slice the **capsicum**. Roughly chop the **Asian greens**.

3



## Flavour the beef

In a medium bowl, combine the **ginger**, the remaining **garlic** and **olive oil** (1 tbs for 2 people / 2 tbs for 4 people). Season with **salt** and **pepper**. Add the **beef strips** and toss to coat.

4



## Cook the beef

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **beef**, tossing, until browned and cooked through, **2-3 minutes**. Transfer to a medium bowl.

5



## Cook the veggies

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Add the **capsicum** and cook until just tender, **3-4 minutes**. Add the **Asian greens** and cook, tossing, **1 minute**. Add the cooked **beef**. Remove from the heat and add the **Sichuan garlic paste** and **soy sauce**. Toss to combine.

6



## Serve up

Thinly slice the **spring onion**. Thinly slice the **long red chilli** (if using). Divide the garlic rice between bowls and top with the Sichuan beef and veggies. Sprinkle with the spring onion and chilli.

**TIP:** For the Calorie Smart option, serve with half the garlic rice.

## Enjoy!