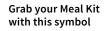
Sichuan Beef & Garlic Rice

with Veggie Stir-Fry





















Beef Strips

Asian Greens



SIchuan Garlic





Long Red Chilli (Optional)

Pantry items

Olive Oil, Butter, Soy Sauce

long red chilli)

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 \cdot Large frying pan

Ingredients

3			
	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*	1/4 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)	1/2	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 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 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!



Get prepped

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



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.



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.



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.



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!