

# Dinner - Sichuan Beef Stir-Fry with Ginger Rice & Cashews + Kids Dinner - Sichuan Beef & Veggie Tacos with Peanuts

Grab your Meal Kit with this symbol



Ginger Paste



Jasmine Rice



Capsicum



Onion



Green Beans



Carrot



Sichuan Garlic Paste



Beef Mince



Garlic Paste



Herbs



Sesame Dressing



Roasted Cashews

### Kids Dinner



Mini Flour Tortillas



Mixed Leaves



Garlic Aioli



Crushed Peanuts

### Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

**DINNER**  
Prep in: 25-35 mins  
Ready in: 30-40 mins

**KIDS DINNER**  
Ready in: 10 mins

Cook once, with a twist for the kids' dinner tomorrow! Flavour juicy beef mince with our mild Sichuan garlic paste, load it up with veggies, and serve over zingy rice for the adults - and stuffed into mini flour tortillas for the kids. Genius!

### Pantry items

Olive Oil, Butter, 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
butter*	20g	40g
ginger paste	1 medium packet	1 large packet
water* (for the rice)	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
capsicum	1	2
onion	1	2
green beans	1 medium bag	1 large bag
carrot	1	2
Sichuan garlic paste	1 packet (80g)	2 packets (160g)
rice wine vinegar*	1 tsp	2 tsp
soy sauce*	1 tbs	2 tbs
water* (for the sauce)	2 tbs	¼ cup
beef mince	1 medium packet	1 medium & 1 small packet
garlic paste	1 packet	2 packets
herbs	1 bag	1 bag
sesame dressing	1 packet (30g)	1 packet (60g)
roasted cashews	1 medium packet	1 large packet
mini flour tortillas	6	6
mixed leaves	1 small bag	1 small bag
garlic aioli	1 packet (50g)	1 packet (50g)
crushed peanuts	1 medium packet	1 medium packet

\*Pantry items

## Nutrition

### Dinner

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3280kJ (785Cal)	691kJ (165Cal)
Protein (g)	35.8g	7.5g
Fat, total (g)	32.3g	6.8g
- saturated (g)	10.8g	2.3g
Carbohydrate (g)	85.3g	17.9g
- sugars (g)	21.2g	4.5g
Sodium (g)	1190mg	251mg

### Kids Dinner

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3940kJ (942Cal)	727kJ (174Cal)
Protein (g)	41.4g	7.6g
Fat, total (g)	43.5g	8.0g
- saturated (g)	6.9g	1.3g
Carbohydrate (g)	89.3g	16.5g
- sugars (g)	17.5g	3.2g
Sodium (mg)	1540mg	284mg

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.

If you have any questions or concerns, please visit

[hellofresh.com.au/contact](https://hellofresh.com.au/contact)

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## 1 Make the ginger rice

In a medium saucepan, melt the **butter** with a dash of **olive oil** over medium heat. Cook **ginger paste** until fragrant, **1-2 minutes**. Add the **water (for the rice)** and a generous pinch of **salt** and bring to the boil. Add **jasmine rice**. Stir, cover with a lid and reduce heat to low. Cook for **12 minutes**, then remove from heat. Keep covered until rice is tender and all the water is absorbed, **10-15 minutes**.

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



## 4 Bring it all together

Return frying pan to high heat with a drizzle of **olive oil**. Cook **beef mince**, breaking up with a spoon, until just browned, **4-5 minutes**. Reduce heat to medium, then add **garlic paste** and cook until fragrant, **1 minute**. Stir in **Sichuan sauce** and simmer, until slightly thickened, **1-2 minutes**. Remove from heat. Return cooked **veggies** to pan, stirring to combine.

**TIP:** For best results, drain the oil from the pan before adding the garlic paste.



## 2 Get prepped

While the rice is cooking, thinly slice **capsicum** and **onion**. Trim **green beans** and cut into thirds. Grate the **carrot**. In a medium bowl, combine **Sichuan garlic paste**, the **rice wine vinegar**, the **soy sauce** and the **water (for the sauce)**.



## 5 Serve the adults' dinner

Refrigerate two portions of stir-fry for the kids' dinner. Divide ginger rice and Sichuan beef stir-fry between bowls. Tear over **herbs**. Drizzle over **sesame dressing**. Sprinkle with **roasted cashews** to serve.



## 3 Start the stir-fry

When the rice has **15 minutes** remaining, heat a large frying pan over medium-high heat with a generous drizzle of **olive oil**. Cook **capsicum**, **green beans**, **carrot** and **onion**, until tender, **6-8 minutes**. Season, then transfer to a bowl.



## 6 Serve the kids' dinner

When you're ready to serve the kids' dinner, fill **mini flour tortillas** with reserved stir-fry. Reheat in the microwave for **60-90 second bursts**, until warmed through. Meanwhile, roughly chop **mixed leaves**. Fill tacos with spinach. Drizzle over **garlic aioli**. Sprinkle with **crushed peanuts** to serve.

## Enjoy!

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