

SPEEDY THAI SEVEN-SPICE BEEF STIR-FRY

Twenty minutes is all you need to whip up this flavoursome stir-fry, with colourful veggies and tender beef. Using quickcooking beef strips, plus handy microwave rice means that dinner takes less time than an episode of your favourite show!

with Basmati Rice





Add honey and hoisin to beef for a fast dinner





Thai Seven Spice Blend





Asian Greens

Red Capsicum



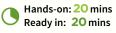


Hoisin Sauce



Microwaveable Basmati Rice

Pantry Staples: Olive Oil, Honey







Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use: • large frying pan



ADD FLAVOUR TO THE BEEF
In a medium bowl, combine the beef
strips, Thai seven spice blend, the salt and a
drizzle of olive oil.



2 GET PREPPEDThinly slice the **red capsicum**. Roughly chop the **Asian greens**. Finely chop the **garlic** (or use a garlic press).



COOK THE VEGGIES
In a large frying pan, heat a drizzle of olive oil over a medium-high heat. When the oil is hot, add the red capsicum, Asian greens and garlic and cook, stirring, for 3-4 minutes, or until softened. Transfer to a plate.

*TIP: Add a splash of water to the pan to help the Asian greens cook evenly.



COOK THE BEEF
Return the frying pan to a high heat with a drizzle of olive oil. Once hot, add 1/2 the beef strips and cook, tossing, for 1-2 minutes, or until browned and cooked through. Transfer to the plate with the vegetables and repeat with the remaining beef strips.

* TIP: Cooking the meat in batches over a high heat keeps it tender. Return the vegetables and beef strips to the pan with the hoisin sauce and honey and cook, stirring, for 1 minute, or until warmed through.



5 HEAT THE RICE
Heat the microwaveable basmati rice according to the packet instructions.



SERVE UPDivide the basmati rice between bowls and top with the Thai seven-spice beef stir fry.

ENJOY!

INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
beef strips	1 packet	1 packet
Thai seven spice blend	½ sachet	1 sachet
salt*	¼ tsp	½ tsp
red capsicum	1	2
Asian greens	1 bunch	2 bunches
garlic	2 cloves	4 cloves
hoisin sauce	1 sachet (75 g)	2 sachets (150 g)
honey*	2 tsp	1 tbs
microwaveable basmati rice	1 packet	2 packets

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2100kJ (503Cal)	479kJ (115Cal)
Protein (g)	39.4g	9.0g
Fat, total (g)	10.3g	2.4g
saturated (g)	3.8g	0.9g
Carbohydrate (g)	60.3g	13.7g
- sugars (g)	21.5g	4.9g
Sodium (g)	1130mg	257mg

For allergens and ingredient information, visit HelloFresh.com.au/foodinfo

→ JOIN OUR PHOTO CONTEST!







We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

Hello@HelloFresh.com.au

2018 | WK50

● † HelloFRESH