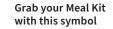


# Sweet & Sticky Asian Beef with Coconut Rice & Garlic Veggies















Carrot









**Ginger Paste** 



**Oyster 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

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	2 People	4 People	
olive oil*	refer to method	refer to method	
coconut milk	1 medium tin	1 large tin	
water* (for the rice)	³⁄₄ cup	1 ¼ cups	
salt*	1/4 tsp	½ tsp	
basmati rice	1 medium packet	1 large packet	
carrot	1	2	
green beans	1 medium bag	1 large bag	
garlic	1 clove	2 cloves	
ginger paste	1 medium packet	1 large packet	
brown sugar*	1 tbs	2 tbs	
oyster sauce	1 packet (50g)	1 packet (100g)	
water* (for the sauce)	½ tbs	1 tbs	
beef strips	1 small packet	1 medium packet	

<sup>\*</sup>Pantry Items

## **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3115kJ (744Cal)	595kJ (142Cal)
Protein (g)	42g	8g
Fat, total (g)	24.1g	4.6g
- saturated (g)	14.5g	2.8g
Carbohydrate (g)	84.7g	16.2g
- sugars (g)	19.5g	3.7g
Sodium (mg)	1574mg	301mg

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



#### Cook the coconut rice

In a medium saucepan, combine the **coconut milk**, the **water** (**for the rice**) and the **salt** and bring to the boil over a high heat. Add the **basmati rice**, stir, cover with a lid and reduce the heat to low. Cook for **15 minutes**, then remove the pan from the heat. Keep covered until the rice is tender and the water is absorbed, **10 minutes**.

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



# Get prepped

While the rice is cooking, thinly slice the **carrot** into half-moons. Trim the **green beans**. Finely chop the **garlic**.



## Make the sauce

In a medium bowl, combine the **ginger paste**, **brown sugar**, **oyster sauce**, the **water (for the sauce)** and 1/2 the **garlic**.



# Cook the veggies

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Add the **carrot** and **green beans** with a splash of **water** and cook, tossing, until tender, **4-5 minutes**. Add the remaining **garlic** and cook until fragrant, **1-2 minutes**. Season with **salt** and **pepper**. Toss to coat, then set aside on a plate. Cover to keep warm.



## Cook the beef

Return the pan to a high heat with a drizzle of **olive oil**. When the oil is hot, cook the **beef strips**, tossing, until browned and cooked through, **1-2 minutes** (cook in batches if your pan is getting crowded). Add the sauce to the pan and cook until bubbling and reduced, **2-3 minutes**.

TIP: Cooking the beef in batches helps it stay tender.



## Serve up

Divide the coconut rice between bowls. Top with the sticky Asian beef and garlic veggies. Serve topped with a spoonful of extra sauce from the pan.

Enjoy!

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