



Sweet & Sticky Asian Beef

with Coconut Rice & Garlic Veggies

Grab your Meal Kit with this symbol



Coconut Milk



Basmati Rice



Carrot



Green Beans



Garlic



Ginger Paste



Oyster Sauce



Beef Strips

Hands-on: **30-40 mins**
Ready in: **35-45 mins**

There's something seriously addictive about succulent beef strips coated in a sweet and sticky sauce. Just add fragrant coconut rice and tender, garlic-infused veggies for a meal that's sure to be a new favourite.

Pantry items

Olive Oil, Brown Sugar

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
coconut milk	1 medium tin	1 large tin
water* (for the rice)	¾ cup	1 ¼ cups
salt*	¼ 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

*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!



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.



Get prepped

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



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.



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**.



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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