

Sticky Asian Beef Stir-Fry

with Garlic Rice

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Beef Strips



Capsicum



Carrot



Coriander



Ginger



Lime



Kecap Manis



Oyster Sauce

 Hands-on: **20-30 mins**
Ready in: **30-40 mins**

Umami-rich oyster sauce, aromatic ginger and zesty lime. This stir-fry brings together quick-cooking beef strips with a colourful array of veggies and a genius combination of Asian flavours. What's not to love?

Pantry items

Olive Oil, Butter, Soy Sauce, 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
garlic	4 cloves	8 cloves
butter*	20g	40g
jasmine rice	1 packet	2 packets
water* (for the rice)	1¼ cups	2½ cups
salt*	¼ tsp	½ tsp
beef strips	1 small packet	1 medium packet
soy sauce*	2 tsp	1 tbs
capsicum	1	2
carrot	1	2
coriander	1 bag	1 bag
ginger	1 knob	2 knobs
lime	½	1
kecap manis	1 packet	2 packets
oyster sauce	1 sachet (50g)	1 sachet (100g)
brown sugar*	2 tsp	1 tbs
water* (for the sauce)	2 tsp	1 tbs

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3314kJ (792Cal)	603kJ (144Cal)
Protein (g)	44.5g	8.1g
Fat, total (g)	17.4g	3.2g
- saturated (g)	7.6g	1.4g
Carbohydrate (g)	108.9g	19.8g
- sugars (g)	39.2g	7.1g
Sodium (mg)	2343mg	426mg

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 rice

Finely chop the **garlic**. In a medium saucepan, melt the **butter** with a dash of **olive oil** over a medium heat. Add 1/2 the **garlic** and cook until fragrant, **1-2 minutes**. Add the **jasmine rice**, **water (for the rice)** and the **salt**, stir, and bring to the boil. Reduce the heat to low and cover with a lid. Cook for **12 minutes**, then remove from the heat and keep covered until the rice is tender and the water has absorbed, **10-15 minutes**.

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



Cook the beef

In a large frying pan, heat a drizzle of **olive oil** over a high heat. Cook the **beef**, in batches, until browned, **1-2 minutes**. Transfer to a plate.

TIP: Cooking the meat in batches over a high heat helps it stay tender.



Flavour the beef

While the rice is cooking, combine the **beef strips** and **soy sauce** in a medium bowl. Set aside.



Cook the veggies

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Add the **capsicum** and **carrot** and cook until just tender, **4-5 minutes**. Add the **ginger**, remaining **garlic** and a drizzle of **olive oil** and cook until fragrant, **1 minute**. Return the **beef strips** to the pan and add the **kecap-oyster mixture**. Cook, tossing, until heated through and well combined, **1 minute**. Remove from the heat.



Get prepped

Cut the **capsicum** into 2cm chunks. Thinly slice the **carrot** (unpeeled) into half-moons. Roughly chop the **coriander**. Finely grate the **ginger**. Zest the **lime** to get a good pinch, then slice into wedges. In a small bowl, combine the **kecap manis**, **oyster sauce**, **brown sugar**, **water (for the sauce)**, **lime zest** and a generous squeeze of **lime juice**. Set aside.



Serve up

Divide the garlic rice between bowls. Top with the sticky Asian beef stir-fry and garnish with the **coriander**. Serve with any remaining lime wedges.

Enjoy!