



Sichuan Beef Stir-Fry

with Garlic Rice & Crispy Shallots

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Capsicum



Carrot



Asian Greens



Lemon



Beef Strips



Chilli Flakes (Optional)



Sichuan Garlic Paste



Crispy Shallots

- Hands-on: **25-35** mins
- Ready in: **30-40** mins
- Spicy (optional chilli flakes)

Is it time to lift your stir-fry game? Here's a delicious lesson in how to get crispy beef strips, tender veggies and a flavour-packed sauce. With a few simple tricks – cooking the meat in batches, getting the veggies started before adding the sauce and adding flavour to the rice with garlic – you'll be a stir-fry superstar in no time!

Pantry items

Olive Oil, Butter, 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 lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
butter*	20g	40g
water* (for the rice)	1¼ cups	2½ cups
salt*	½ tsp	1 tsp
jasmine rice	1 packet	2 packets
capsicum	1	2
carrot	1	2
Asian greens	1 bunch	2 bunches
lemon	½	1
beef strips	1 small packet	1 large packet
soy sauce*	2 tsp	1 tbs
chilli flakes (optional)	pinch	pinch
Sichuan garlic paste	1 sachet (80g)	2 sachets (160g)
water* (for the sauce)	1 tbs	2 tbs
crispy shallots	1 packet	2 packets

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3349kJ (800Cal)	540kJ (129Cal)
Protein (g)	45.6g	7.3g
Fat, total (g)	27.3g	4.4g
- saturated (g)	9.8g	1.6g
Carbohydrate (g)	86.9g	14g
- sugars (g)	22.3g	3.6g
Sodium (mg)	1433mg	231mg

Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



1. Cook the garlic rice

Finely chop the **garlic** (or use a garlic press). In a medium saucepan, melt the **butter** and a **dash** of **olive oil** over a medium heat. Add the **garlic** and cook until fragrant, **1 minute**. Add the **water (for the rice)** and **1/2** the **salt** to the pan and bring to the boil. Add the **jasmine rice**, stir, cover with a lid and reduce the heat to low. Cook for **12 minutes**, then remove the pan from the heat and keep covered until the 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!



2. Get prepped

While the rice is cooking, roughly chop the **capsicum**. Thinly slice the **carrot** (unpeeled) into half-moons. Roughly chop the **Asian greens**. Slice the **lemon** (see ingredients list) into wedges.



3. Cook the beef

In a large frying pan, heat a **drizzle** of **olive oil** over a high heat. When the oil is hot, cook the **beef strips** in batches, tossing occasionally, until browned and cooked through, **1-2 minutes**. Transfer to a plate and set aside.



4. Cook the veggies

Return the pan to a medium-high heat with a **drizzle** of **olive oil**. Add the **capsicum**, **carrot** and a **splash** of **water** and cook, stirring, until softened, **3-4 minutes**. Add the **Asian greens**, **soy sauce** and a **pinch** of **chilli flakes** (if using) and cook until the greens have wilted, **2 minutes**.



5. Make it saucy

Remove the pan from the heat and add the **Sichuan garlic paste**, **water (for the sauce)** and **beef strips**. Toss to combine and coat the beef in the sauce.



6. Serve up

Divide the garlic rice between plates and top with the Sichuan beef stir-fry. Squeeze over lemon juice and sprinkle with the **crispy shallots** to serve.

Enjoy!