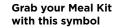
Sichuan Beef Stir-Fry

with Garlic Rice & Crispy Shallots





















Lemon

Asian Greens



Beef Strips

Chilli Flakes (Optional)







Sichuan Garlic Paste

Crispy Shallots

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	1/2	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 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!