



SWEET CHILLI BEEF STIR-FRY

with Baby Corn & Asian Greens



Marinate beef strips with honey and soy



Basmati Rice



Garlic



Beef Strips



Baby Corn



Carrot



Asian Greens



Coriander



Lime



Oyster Sauce



Sweet Chilli Sauce

Hands-on: 20 mins
Ready in: 30 mins

Quick-cooking beef strips are the star of this speedy Thai-style stir-fry. Colourful veggies including baby corn and carrot add goodness plus a generous serve of oyster sauce, lime and honey combine into a sweet and savoury sauce that the whole family will love!

Pantry Staples: Olive Oil, Soy Sauce, Honey

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **medium saucepan** with a **lid**
- **large frying pan**



1 COOK THE RICE

In a medium saucepan, add the **water** and bring to the boil. Add the **basmati rice**, stir, cover with a lid and reduce the heat to low. Cook for **10 minutes**, then remove the pan from the heat and keep covered for another **10 minutes**, or until the rice is tender and the water is absorbed. **TIP:** *The rice will finish cooking in its own steam so don't peek!*



2 ADD FLAVOUR TO THE BEEF

While the rice is cooking, finely chop the **garlic** (or use a garlic press). In a medium bowl, combine the **beef strips**, **soy sauce**, **honey** and garlic. Toss well to coat and set aside to marinate. **TIP:** *If you have time, marinate the beef for at least 15 minutes to enhance the flavour and increase tenderness.*



3 PREP THE VEGGIES

Cut the **baby corn** into 2cm pieces. Thinly slice the **carrot** (unpeeled) into half-moons. Roughly chop the **Asian greens**. Roughly chop the **coriander**. Zest the **lime** to get **1 tsp**, then juice. In a small bowl, combine the lime juice, lime zest, **oyster sauce** and **sweet chilli sauce**.



4 COOK THE VEGGIES

In a large frying pan, heat a **drizzle** of **olive oil** over a high heat. Once hot, add the **baby corn** and **carrot** and cook, stirring, for **2-3 minutes**, or until tender. **TIP:** *Add a splash of water to the pan to help the vegetables cook evenly. Transfer to a large bowl.*



5 ADD THE SAUCE

Return the frying pan to a high heat with another **drizzle** of **olive oil**. Once hot, add **1/3** the **beef strips** and cook, tossing, for **1-2 minutes** or until browned. Transfer to the bowl with the veggies and repeat with the remaining beef strips. **TIP:** *If the honey starts to burn in the pan, wipe out with a paper towel between batches.* Add the **sweet chilli mixture**, **Asian greens**, cooked **veggies** and beef strips to the frying pan. Cook, tossing, for **1-2 minutes**, or until the sauce has thickened and the Asian greens are tender.



6 SERVE UP

Divide the basmati rice between bowls and top with the sweet chilli beef stir-fry. Sprinkle the adult portions with the coriander.

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
water*	3 cups
basmati rice	2 packets
garlic	4 cloves
beef strips	1 packet
soy sauce*	2 tbs
honey*	1½ tbs
baby corn	1 packet
carrot	2
Asian greens	1 bunch
coriander	1 bunch
lime	1
oyster sauce	1 tub (100 g)
sweet chilli sauce	1 tub (100 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2650kJ (634Cal)	620kJ (148Cal)
Protein (g)	40.9g	9.6g
Fat, total (g)	7.9g	1.9g
- saturated (g)	3.2g	0.7g
Carbohydrate (g)	94.7g	22.1g
- sugars (g)	26.9g	6.3g
Sodium (g)	1980mg	462mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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