

## **SWEET CHILLI BEEF STIR-FRY**

with Baby Corn & Asian Greens





Marinate beef strips with honey and soy













Baby Corn

Asian Greens



Coriander



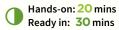


Oyster Sauce



Sweet Chilli

Pantry Staples: Olive Oil, Soy Sauce, Honey



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!

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.



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.



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

\*TIP: Add a splash of water to the pan to help the vegetables cook evenly. Transfer to a large bowl.

2-3 minutes, or until tender.



ADD THE SAUCE
Return the frying pan

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.



**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!** 

## 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<br>(100 g) |  |
| sweet chilli sauce | 1 tub<br>(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** 

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