



# Teriyaki Beef & Broccoli Stir-Fry with Garlic Rice

Grab your Meal Kit  
with this symbol



Garlic



Basmati Rice



Ginger



Beef Strips



Carrot



Capsicum



Broccoli



Spring Onion



Teriyaki Sauce

Hands-on: 20 mins  
Ready in: 25 mins

Make an easy beef and veggie stir-fry a little more special by serving it with mouth-watering garlic rice! Plus, using our delicious teriyaki sauce means you get a big helping of flavour with minimal effort. Enjoy your tasty and colourful creation!

### Pantry items

Olive Oil, Butter, Honey, 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 a lid · Large frying pan

### Ingredients

	4 People
olive oil*	refer to method
garlic	2 cloves
butter*	40g
basmati rice	2 packets
water*	3 cups
salt*	½ tsp
ginger	1 knob
honey*	1½ tbs
soy sauce*	2 tbs
beef strips	1 packet
carrot	2
capsicum	1
broccoli	1 head
spring onion	1 bunch
teriyaki sauce	2 sachets (260g)

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	2870kJ (685Cal)	617kJ (147Cal)
Protein (g)	36.7g	7.9g
Fat, total (g)	16.5g	3.6g
- saturated (g)	8.1g	1.8g
Carbohydrate (g)	90.4g	19.4g
- sugars (g)	27.2g	5.9g
Sodium (g)	1920mg	414mg

### Allergens

Please visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen information. If you have received a substitute ingredient, please be aware allergens may have changed. Always read product labels for the most up-to-date allergen information.



### 1. Cook the rice

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

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



### 2. Flavour the beef

While the rice is cooking, finely grate the **ginger**. In a medium bowl, combine the **ginger**, **honey** and **soy sauce**. Add the **beef strips** and toss to coat. Set aside.



### 3. Prep the veggies

Thinly slice the **carrot** (unpeeled) into half-moons. Thinly slice the **capsicum**. Cut the **broccoli** into small florets and chop the stalk into small pieces. Thinly slice the **spring onion**.



### 4. Cook the veggies

In a large frying pan, heat a **drizzle** of **olive oil** over a medium-high heat. When the oil is hot, add the **carrot**, **capsicum** and **broccoli** and cook, stirring, until tender, **4-5 minutes**. Transfer to a medium bowl.

**TIP:** Add a splash of water to the pan to help the veggies cook faster!



### 5. Cook the beef

Return the frying pan to a high heat with a **drizzle** of **olive oil**. When the oil is hot, add **1/3** of the **beef** and cook, tossing, until browned and cooked through, **1-2 minutes**. Transfer to the bowl with the vegetables and repeat with the **remaining beef**. Return the **vegetables** and **beef** to the pan, add the **teriyaki sauce** and cook, stirring, until warmed through, **1 minute**.

**TIP:** Cooking the meat in batches over a high heat keeps it tender.



### 6. Serve up

Divide the garlic rice between bowls and top with the teriyaki beef and broccoli stir-fry. Sprinkle the adults' portions with the spring onion.

### Enjoy!