



Teriyaki Beef Stir-Fry

with Garlic Rice & Roasted Peanuts

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Beef Strips



Carrot



Capsicum



Asian Greens



Ginger



Lemon



Teriyaki Sauce



Roasted Peanuts

Hands-on: **35-45 mins**
Ready in: **40-50 mins**

This fragrant stir-fry is such a great go-to for a quick midweek dinner. We've packed it full of flavour with honey, garlic, ginger and lemon. From sweet to tangy, the flavours of this dinner will excite your taste buds, while the roasted peanuts add delightful crunch and texture.

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

Large frying pan · Medium saucepan with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	1 clove	2 cloves
butter*	20g	40g
jasmine rice	1 packet	2 packets
water*	1¼ cups	2½ cups
salt*	¼ tsp	½ tsp
beef strips	1 small packet	1 medium packet
honey*	¾ tsp	1½ tbs
soy sauce*	2 tsp	1 tbs
carrot	1	2
capsicum	1	2
Asian greens	½ bunch	1 bunch
ginger	½ knob	1 knob
lemon	½	1
teriyaki sauce	1 sachet	2 sachet
roasted peanuts	1 packet	2 packets

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3466kJ (828Cal)	578kJ (138Cal)
Protein (g)	48.8g	8.1g
Fat, total (g)	26.7g	4.5g
- saturated (g)	8.8g	1.5g
Carbohydrate (g)	91.3g	15.2g
- sugars (g)	28.5g	4.8g
Sodium (mg)	1700mg	283mg

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** with a **dash** of **olive oil** over a medium heat. Add the **garlic** and cook until fragrant, **1-2 minutes**. Add the **jasmine rice**, **water** and the **salt**, stir, and bring to the boil. Reduce the heat to low and cover with a lid. Cook for **12 minutes**, then remove from the heat and keep covered until the rice is tender and the water is absorbed, **10-15 minutes**.

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



2. Flavour the beef

While the rice is cooking, combine the **beef strips**, **honey**, **soy sauce** and a **drizzle** of **olive oil** in a medium bowl. Set aside.



3. Prep the veggies

Thinly slice the **carrot** (unpeeled) into batons (or cut into half-moons if you prefer!). Thinly slice the **capsicum**. Roughly chop the **Asian greens**. Finely grate the **ginger**. Slice the **lemon** (see ingredients list) into wedges.



4. Cook the veggies

In a large frying pan, heat a **drizzle** of **olive oil** over a high heat. Add the **carrot** and **capsicum** and cook, tossing occasionally, until tender, **4-5 minutes**. Add the **Asian greens**, **ginger** and a **drizzle** of **olive oil** and cook until softened and fragrant, **1 minute**. Transfer the veggies to a bowl and set aside.



5. Cook the beef

Return the pan to a medium-high heat with a **drizzle** of **olive oil**. When the oil is hot, cook **1/2** the **beef**, tossing, until browned and cooked through, **1-2 minutes**. Transfer to the bowl with the **veggies** and repeat with the **remaining beef**. Return the **beef** and **veggies** to the pan along with the **teriyaki sauce** and a **generous squeeze** of **lemon juice**. Toss to combine until heated through, then remove from the heat.



6. Serve up

Divide the garlic rice between plates. Top with the teriyaki beef stir-fry. Garnish with the **roasted peanuts**. Serve with the remaining lemon wedges.

Enjoy!