



# THAI BEEF & SNOW PEA STIR-FRY

with Basil & Cashews



Add basil  
to a stir fry



Jasmine Rice



Red Onion



Carrot



Garlic



Snow Peas



Basil



Sweet Chilli  
Sauce



Beef Strips



Roasted Cashews



Hands-on: 20 mins

Ready in: 25 mins

This fast Thai-style meal gets its flavour from aromatic basil and a sweet and savoury mix of sweet chilli, soy and vinegar. With hearty cashews and fluffy jasmine rice, this is a delicious combination just waiting for you to dive in!

**Pantry Staples:** Olive Oil, Soy Sauce, Rice Wine Vinegar (or White Wine Vinegar)

# 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, bring the **water (for the rice)** 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 for another **10-15 minutes**, or until the rice is tender and all the water is absorbed. **TIP:** *The rice will finish cooking in its own steam so don't peek!*



## 2 PREP THE VEG

While the rice is cooking, thinly slice the **red onion**. Thinly slice the **carrot** (unpeeled) into half-moons. Finely chop the **garlic** (or use a garlic press). Trim the **snow peas** and slice in half. Pick the **basil** leaves and thinly slice. In a small bowl, combine the **sweet chilli sauce**, **soy sauce** and **rice wine vinegar**.



## 3 BROWN THE BEEF

When the rice has **10 minutes** cook time remaining, heat a **drizzle of olive oil** in a large frying pan over a high heat. When the oil is hot, add **1/2** the **beef strips** and season with **salt** and **pepper**. Cook for **1-2 minutes**, or until browned and cooked through. Transfer to a plate. Repeat with remaining beef strips. **TIP:** *Cooking the meat in batches over a high heat allows it to brown and develop flavour and keeps it tender.*



## 4 COOK THE VEG

Return the frying pan to a medium-high heat with a **drizzle of olive oil**. Add the **red onion** and **carrot** and cook for **2-3 minutes** or until softened. Add the **garlic** and cook, stirring, for **1 minute**, or until fragrant. Add the **snow peas** and **water (for the veggies)** and cook, tossing, for **2-3 minutes** or until just tender.



## 5 ADD THE SAUCE

Add the **roasted cashews** and **sweet chilli mixture** to the pan. Cook, stirring regularly, for **1-2 minutes** or until combined. Return the **beef strips** and any **resting juices** to the pan. Toss through to coat, then remove from the heat.



## 6 SERVE UP

Divide the jasmine rice between bowls, top with the Thai beef stir-fry and garnish with the basil.

# ENJOY!

# 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
water* (for the rice)	1¼ cups	2½ cups
jasmine rice	1 packet	2 packets
red onion	1	2
carrot	1	2
garlic	1 clove	2 cloves
snow peas	1 bag (100 g)	1 bag (200 g)
basil	1 punnet	1 punnet
sweet chilli sauce	1 tub (100 g)	2 tubs (200 g)
soy sauce*	2 tbs	½ cup
rice wine vinegar* (or white wine vinegar)	2 tsp	1 tbs
beef strips	1 packet	1 packet
water* (for the veggies)	1 tbs	2 tbs
roasted cashews	1 packet	2 packets

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3060kJ (730Cal)	570kJ (136Cal)
Protein (g)	45.7g	8.5g
Fat, total (g)	14.3g	2.7g
- saturated (g)	4.3g	0.8g
Carbohydrate (g)	100g	18.7g
- sugars (g)	34.2g	6.4g
Sodium (g)	1510mg	282mg

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

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