



# Thai Spiced Beef Stir-Fry

with Kaffir Lime & Garlic Rice

Grab your Meal Kit  
with this symbol



Garlic



Kaffir Lime  
Leaves



Jasmine Rice



Red Onion



Capsicum



Carrot



Green Beans



Lime



Beef Strips



Thai Seven  
Spice Blend



Sweet Chilli  
Sauce



Crispy Shallots



Hands-on: **25-35** mins  
Ready in: **30-40** mins

This dish is a flavourful combination of crisp and colourful veggies, tender beef strips and more-ish garlic rice infused with kaffir lime, with the feel-good factor that comes from cooking a nutritious meal from scratch.

## Pantry items

Olive Oil, Butter, 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 or wok

### Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	4 cloves	8 cloves
kaffir lime leaves	2 leaves	4 leaves
butter*	20g	40g
jasmine rice	1 packet	2 packets
water* (for the rice)	1¼ cups	2½ cups
salt*	¼ tsp	½ tsp
red onion	1	2
capsicum	1	2
carrot	1	2
green beans	1 bag (100g)	1 bag (200g)
lime	1	2
beef strips	1 packet	1 packet
Thai seven spice blend	1 sachet	2 sachets
soy sauce*	2 tsp	1 tbs
sweet chilli sauce	1 packet (50g)	1 packet (100g)
water* (for the beef)	1 tbs	2 tbs
crispy shallots	1 packet	2 packets

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	3010kJ (720Cal)	526kJ (126Cal)
Protein (g)	38.8g	6.8g
Fat, total (g)	19.3g	3.4g
- saturated (g)	10.1g	1.8g
Carbohydrate (g)	93.4g	16.3g
- sugars (g)	24.2g	4.2g
Sodium (g)	1180mg	206mg

### 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). Scrunch up the **kaffir lime leaves**. In a medium saucepan, melt the **butter** with a **dash** of **olive oil** over a medium heat. Add the **kaffir lime leaves** and **1/2** the **garlic** and cook until fragrant, **1-2 minutes**. Add the **jasmine rice**, **water (for the rice)** 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!



## 4. Cook the veggies

Return the frying pan or wok to a medium-high heat with a **drizzle** of **olive oil** if needed. Add the **onion** and cook, stirring occasionally, until just softened, **2-3 minutes**. Add the **capsicum**, **carrot** and **green beans** and cook, tossing, until softened, **4-5 minutes**. Add the **remaining garlic** and cook until fragrant, **1 minute**.



## 2. Get prepped

While the rice is cooking, thinly slice the **red onion**. Cut the **capsicum** into 2cm chunks. Thinly slice the **carrot** (unpeeled) into half-moons. Trim and halve the **green beans**. Zest the **lime** to get a **good pinch**, then slice into wedges.



## 5. Bring it all together

Add the **Thai seven spice blend** to the pan and stir to coat. Cook until fragrant, **1-2 minutes**. Add the **lime zest**, **soy sauce**, **sweet chilli sauce** and **water (for the beef)** and stir to combine. Return the **beef strips** and any **resting juices** to the pan and toss to combine until heated through, **1-2 minutes**. Finish with a **generous squeeze** of **lime juice**.



## 3. Brown the beef strips

In a large frying pan or wok, heat a **drizzle** of **olive oil** over a high heat. When the oil is hot, add **1/2** the **beef strips** and cook until browned, **1-2 minutes**. Transfer to a bowl and repeat with the **remaining beef strips**.

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



## 6. Serve up

Remove the kaffir lime leaves from the garlic rice. Divide the rice between bowls and top with the Thai spiced beef stir-fry. Garnish with the **crispy shallots** and serve with any remaining lime wedges.

**Enjoy!**