



Vietnamese Zesty Beef & Broccoli

with Jasmine Rice & Mint



Grab your Meal Kit with this symbol



Jasmine Rice



Lime



Oyster Sauce



Sweet Chilli Sauce



Fish Sauce & Rice Vinegar Mix



Beef Strips



Broccoli



Garlic



Red Onion



Long Red Chilli (Optional)



Mint

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

Low Calorie

Spicy (optional long red chilli)

Get ready for this Vietnamese dish bursting with colour and flavour! With a bit of zest, a little sweetness and some gentle heat all on the one plate, your tastebuds will be swimming with delight.

Pantry items

Olive Oil, Brown Sugar



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

	2 People	4 People
olive oil*	refer to method	refer to method
water* (for the rice)	1¼ cups	2½ cups
jasmine rice	1 packet	2 packets
lime	½	1
oyster sauce	1 sachet (50g)	1 sachet (100g)
sweet chilli sauce	1 tub (50g)	1 tub (100g)
fish sauce & rice vinegar mix	1 tub (20g)	1 tub (40g)
brown sugar*	1 tsp	2 tsp
beef strips	1 small packet	1 medium packet
broccoli	1 head	2 heads
garlic	2 cloves	4 cloves
red onion	1	2
long red chilli (optional)	1	2
mint	1 bunch	1 bunch
water* (for the beef)	¼ cup	½ cup

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2280kJ (544Cal)	514kJ (123Cal)
Protein (g)	40.0g	9.0g
Fat, total (g)	7.0g	1.6g
- saturated (g)	2.7g	0.6g
Carbohydrate (g)	75.5g	17.0g
- sugars (g)	13.3g	3.0g
Sodium (g)	1090mg	247mg

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.

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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 until the rice is tender and all the water is absorbed, **10-15 minutes**.

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



4. Cook the broccoli

Heat a **drizzle** of **olive oil** in a large frying pan over a medium-high heat. Add the **broccoli** and a **splash** of **water** and cook until tender, **5 minutes**. Add the **garlic** and cook until fragrant, **1 minute**. Transfer to a bowl and cover to keep warm.



2. Flavour the beef

While the rice is cooking, zest the **lime** (see **ingredients list**), then cut into wedges. Combine the **oyster sauce**, **sweet chilli sauce**, **fish sauce & rice vinegar mix**, **brown sugar** and **lime zest** in a medium bowl. Add the **beef strips** and toss to coat. Set aside.

TIP: For the low-calorie option, use half the sauce mixture for the beef.



5. Cook the beef

Return the frying pan to a high heat with a **drizzle** more **olive oil**. Add the **onion** and cook until softened, **5 minutes**. Add the **beef strips** and cook, tossing, until browned, **1-2 minutes**. Add the **water** and cook until just bubbling. Remove from the heat and season to taste with **salt** and **pepper**.



3. Get prepped

Chop the **broccoli** into small florets and roughly chop the stalk. Finely chop the **garlic** (or use a garlic press). Thinly slice the **red onion**. Thinly slice the **long red chilli** (if using). Pick and roughly tear the **mint** leaves.



6. Serve up

Divide the jasmine rice between plates and top with the Vietnamese beef and broccoli. Garnish with the long red chilli (if using) and mint leaves. Serve with the lime wedges.

Enjoy!