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## Sweet Chilli Beef Stir Fry with Carrot & Snow Peas

When did we need pre-packaged kits to bring this supper of convenience to life? With a searing hot wok, a squeeze of fresh lime, some ginger, a little sweet chilli and soy, a rainbow of fresh ingredients becomes a delicious medley of flavours that sings as only real ingredients can.

 **Prep:** 15 mins  
 **Cook:** 20 mins  
**Total:** 35 mins  
 **high protein**

 **level 1**  
 **spicy**

### Pantry Items

-  Soy Sauce
-  Water
-  Vegetable Oil



Sweet Chilli Sauce



Lime



Ginger



Beef Strips



Jasmine Rice



Red Onion



Carrot



Snow Peas



Birdseye Chilli



Coriander

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2P	4P	Ingredients
2 tbs	4 tbs	sweet chilli sauce
2 tbs	4 tbs	salt-reduced soy sauce *
½	1	lime, juiced
1 knob	2 knobs	ginger, peeled & finely grated
300 g	600 g	beef strips
¾ cup	1 ½ cups	Jasmine rice
3 cups	6 cups	water *
1 tbs	2 tbs	vegetable oil *
½	1	red onion, finely sliced
1	2	carrot, cut into 5 mm thick diagonal slices
100 g	200 g	snow peas, trimmed
1	2	birdseye chilli, finely sliced (optional)
½ bunch	1 bunch	coriander, leaves picked

⊕ Ingredient features in another recipe

\* Pantry Items

🌿 Pre-preparation

#### Nutrition per serve

Energy	2690	Kj
Protein	42.2	g
Fat, total	14.9	g
-saturated	4	g
Carbohydrate	81.9	g
-sugars	18.7	g
Sodium	889	mg

**Disclaimers:** We may substitute snow peas for sugar snap peas as unpredictable weather conditions may affect market supply.



**You will need:** *chef's knife, chopping board, vegetable peeler, fine grater, medium bowl, sieve, medium saucepan, large wok/frying pan and a plate.*

**1** In a medium bowl combine the **sweet chilli sauce**, **salt-reduced soy sauce**, **lime juice** and **ginger**. Add the **beef strips** and set aside while you prepare the **Jasmine rice**.



**2** Place the rice into a sieve and rinse it with cold tap water until the water runs clear. Place the rice and the **water** in a medium saucepan and bring to the boil over a high heat. Reduce the heat to medium and simmer, uncovered, for **10-12 minutes** or until the rice is soft. Drain.

**3** Meanwhile, heat half of the **vegetable oil** in a large wok or frying pan. Add the beef strips, letting the excess marinade drip back into the bowl, and cook, stirring, for **1-2 minutes** or until browned. Remove from the wok and set aside on a plate.



**4** Heat the remaining vegetable oil in the same wok over a high heat. Add the **red onion**, **carrot**, **snow peas** and half of the **birdseye chilli** and stir fry for **2 minutes** or until just tender. Return the beef to the wok with the excess marinade and stir fry for **1-2 minutes** or until everything is well coated in the sauce. Add the **coriander** and then remove from the heat.



**5** To serve, divide the rice between bowls and top with sweet chilli & ginger beef stir fry. Garnish with the remaining birdseye chilli if you like a bit of heat!

**Did you know?** Ginger is not actually a root, it's a rhizome.