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Hoisin Beef Stir Fry with Baby Corn

You'll be transported to a street vendor in Beijing with your first mouthful of this fragrant stir fry. The combination of hoisin sauce and garlic is a classic and foolproof combination that flavours the beef and baby corn brilliantly. We know you'll be begging for seconds, so savour every mouthful.



Prep: 10 mins

Cook: 30 mins

Total: 40 mins



level 1



high protein

Pantry Items



Water



Vegetable Oil



Brown Rice



Beef Rump



Red Onion



Garlic



Snow Peas



Baby Corn



Hoisin Sauce

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2P	4P	Ingredients	
¾ cup	1 ½ cups	brown rice, rinsed well	
3 cups	6 cups	water *	
2 tsp	1 tbs	vegetable oil *	
1 steak	2 steaks	beef rump, cut into 5 mm thick strips	🌿
½	1	red onion, finely sliced	⊕
1 clove	2 cloves	garlic, peeled & crushed	⊕
100 g	200 g	snow peas, trimmed	
1 packet	2 packets	baby corn	
2 tbs	4 tbs	hoisin sauce (recommended amount)	

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	2640	Kj
Protein	43.2	g
Fat, total	13.6	g
-saturated	3.6	g
Carbohydrate	78.9	g
-sugars	16.9	g
Sodium	722	mg



You will need: *chef's knife, chopping board, tongs, garlic crusher, sieve, medium saucepan, and a large wok or frying pan.*

1 Place the **brown rice** and **water** in a medium saucepan and bring to the boil over a high heat. Cover with a lid and reduce the heat to medium. Simmer, covered, for **25-30 minutes** or until the rice is soft. Drain.

2 When the rice is roughly **10 minutes** from being ready, heat half of the **vegetable oil** in a large wok or frying pan over a medium-high heat. Add the **rump steak strips** and stir fry for **1-2 minutes** or until just browned. Remove from the wok (these will continue cooking later).

3 Heat the remaining vegetable oil in the same wok over a medium-high heat. Add the **red onion, garlic, snow peas** and **baby corn** and cook, stirring, for **2 minutes** or until just tender. Return the beef to the pan with the **hoisin sauce** and stir fry for **1-2 minutes** or until well combined.

4 To serve, divide the brown rice between bowls. Top with the hoisin beef stir-fry and enjoy!



Did you know? The snow pea is a legume.