



Chinese Pepper Beef & Capsicum Stir-Fry

with Garlic Rice & Pre-Chopped Asian Veggies

TAKEAWAY FAVES

KID FRIENDLY

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Brown Onion



Capsicum



Black Peppercorns



Kecap Manis



Oyster Sauce



Asian Stir-Fry Mix



Beef Strips



Cornflour



Crushed Peanuts



Beef Strips

Prep in: 15-25 mins
Ready in: 30-40 mins

My oh my, did someone say it's beef stir-fry night? Lucky for you, we've put together one of the classics for you to devour in no time. Keep an eye out for the kecap manis and oyster sauce mixture that coats all of the veggies and beef to perfection. It is so good that it deserves some recognition.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter, Soy Sauce

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
butter*	20g	40g
water*	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
brown onion	1	2
capsicum	1	2
black peppercorns	1 medium sachet	1 large sachet
kecap manis	1 packet	2 packets
oyster sauce	1 medium packet	1 large packet
Asian stir-fry mix	1 medium bag	1 large bag
soy sauce*	1½ tbs	3 tbs
beef strips	1 small packet	2 small packets OR 1 large packet
cornflour	1 medium packet	1 large packet
crushed peanuts	1 medium packet	1 large packet
beef strips**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3995kJ (955Cal)	613kJ (147Cal)
Protein (g)	46.9g	7.2g
Fat, total (g)	21.7g	3.3g
- saturated (g)	9.6g	1.5g
Carbohydrate (g)	136.2g	20.9g
- sugars (g)	45.6g	7g
Sodium (mg)	2628mg	403mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4765kJ (1139Cal)	614kJ (147Cal)
Protein (g)	76.4g	9.8g
Fat, total (g)	28.9g	3.7g
- saturated (g)	12.6g	1.6g
Carbohydrate (g)	136.2g	17.5g
- sugars (g)	45.6g	5.9g
Sodium (mg)	2696mg	347mg

The quantities provided above are averages only.

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.

We're here to help!

Scan here if you have any questions or concerns



1



Cook the garlic rice

- Finely chop **garlic**.
- In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat. Cook half the **garlic** until fragrant, **1-2 minutes**. Add the **water** and a generous pinch of **salt** and bring to the boil.
- Add **jasmine rice**, stir, cover with a lid and reduce heat to low.
- Cook for **12 minutes**, then remove from heat and keep covered until 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!

3



Cook the stir-fry

- Heat a drizzle of **olive oil** in a large frying pan over high heat. Cook **onion**, **capsicum** and **Asian stir-fry mix**, tossing, until tender, **5-7 minutes**.
- Reduce heat to medium and add the **soy sauce** and remaining **garlic** and cook until fragrant, **1 minute**. Transfer to a bowl.
- Meanwhile, in a medium bowl, combine **beef strips**, **cornflour** and **peppercorns**. Season with **salt**.
- Return frying pan to high heat with a drizzle of **olive oil**. When oil is hot, cook **beef strips**, in batches, until browned and cooked through, **1-2 minutes**.
- Add **sauce mixture** and return veggies to pan, tossing to combine, **1 minute**.

Custom Recipe: If you've doubled your beef strips, cook in batches for the best results!

2



Get prepped

- Meanwhile, thinly slice **brown onion** and **capsicum**.
- Crush **black peppercorns** with a pestle and mortar, or in their sachet using a rolling pin.
- In a small bowl, combine **kecap manis**, **oyster sauce** and a splash of **water**.

Little cooks: Take charge by combining the sauces!

4



Serve up

- Divide garlic rice, Chinese pepper beef and capsicum stir-fry between bowls.
- Sprinkle over **crushed peanuts** to serve. Enjoy!

Little cooks: Add the finishing touch by sprinkling over the crushed peanuts!

Rate your recipe

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