



Quick Sichuan-Style Beef Stir-Fry

with Veggies & Sesame Rice

KID FRIENDLY



Grab your Meal Kit with this symbol



Sesame Seeds



Basmati Rice



Green Beans



Carrot



Capsicum



Garlic Paste



Beef Strips



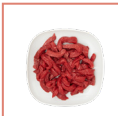
Ginger Paste



Sichuan Garlic Paste



Crispy Shallots



Beef Strips

Prep in: 10-20 mins
Ready in: 20-30 mins

Glistening with a sticky sauce that's the perfect ratio of savoury to sweet, once you try this crowd-pleasing recipe, you'll never go back to the takeaway version. The kids will have fun helping out with this one, too!

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

Pantry items

Olive Oil, Butter, Soy Sauce (or Gluten Free Tamari 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

Large frying pan · Medium saucepan

Ingredients

| | 2 People | 4 People |
|---|-----------------|--------------------------------------|
| olive oil* | refer to method | refer to method |
| sesame seeds | 1 medium packet | 1 large packet |
| basmati rice | 1 medium packet | 1 large packet |
| butter* | 20g | 40g |
| green beans | 1 small bag | 1 medium bag |
| carrot | 1 | 2 |
| capsicum | 1 | 2 |
| garlic paste | 1 packet | 2 packets |
| beef strips | 1 small packet | 2 small packets OR 1 large packet |
| ginger paste | 1 medium packet | 1 large packet |
| Sichuan garlic paste | 1 packet | 2 packets |
| soy sauce* (or gluten free tamari soy sauce) | ½ tbs | 1 tbs |
| crispy shallots | 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) | 2892kJ (691Cal) | 574kJ (137Cal) |
| Protein (g) | 40.3g | 8g |
| Fat, total (g) | 22.8g | 4.5g |
| - saturated (g) | 6.5g | 1.3g |
| Carbohydrate (g) | 86.7g | 17.2g |
| - sugars (g) | 21.7g | 4.3g |
| Sodium (mg) | 1045mg | 208mg |

Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 2919kJ (698Cal) | 580kJ (139Cal) |
| Protein (g) | 40.4g | 8g |
| Fat, total (g) | 23.5g | 4.7g |
| - saturated (g) | 6.8g | 1.4g |
| Carbohydrate (g) | 86.7g | 17.2g |
| - sugars (g) | 21.7g | 4.3g |
| Sodium (mg) | 1047mg | 208mg |

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



Cook the sesame rice

- Heat a large frying pan over medium-high heat. Toast **sesame seeds**, tossing, until golden, **3-4 minutes**. Transfer to a bowl.
- Boil the kettle. Half-fill a medium saucepan with the boiled water. Add **basmati rice** and a pinch of **salt**. Cook uncovered, over high heat until tender, **12 minutes**.
- Drain, then return to saucepan. Add the **butter** and stir until melted. Stir the toasted **sesame seeds** through rice. Season to taste.



Cook the stir-fry

- Return frying pan, to medium-high heat with a drizzle of **olive oil**. Cook **green beans, carrot and capsicum**, until tender, **5-6 minutes**. Add **garlic paste** and cook until fragrant, **1 minute**. Season and transfer to a bowl.
- Return 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**. Season with **salt** and **pepper**. Reduce heat to medium, return all **beef** to the pan and add **ginger paste**, cooking until fragrant, **1 minute**.
- Remove pan from heat. Stir in **Sichuan garlic paste** and the **soy sauce**. Season to taste.

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



Get prepped

- While rice is cooking, trim **green beans**.
- Thinly slice **carrot** into half-moons.
- Thinly slice **capsicum**.



Serve up

- Divide sesame rice between bowls. Top with beef stir-fry and veggies.
- Sprinkle with **crispy shallots** to serve. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.com.au/rate