



Quick Sesame Beef & Broccoli Stir-Fry

with Garlic Rice & Crushed Peanuts

KID FRIENDLY

Grab your Meal Kit with this symbol



Garlic Paste



Jasmine Rice



Brown Onion



Broccoli



Carrot



Beef Strips



Oyster Sauce



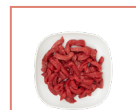
Sesame Oil Blend



Sesame Seeds



Crushed Peanuts



Beef Strips

Recipe Update

We've replaced the crispy shallots in this recipe with crushed peanuts due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

Prep in: 25-35 mins
Ready in: 25-35 mins

Start salivating, tonight's dinner is going to be great! Sesame imparts a rich, nutty flavour to the juicy beef strips, brought together with the perfect balance of soy and garlic, plus crisp and subtly sweet veggies.

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

Pantry items

Olive Oil, Butter, Brown Sugar, Soy Sauce, Vinegar (White Wine or Rice Wine)

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
butter*	20g	40g
garlic paste	1 packet	2 packets
water*	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
brown onion	1	2
broccoli	1 head	2 heads
carrot	1	2
beef strips	1 small packet	2 small packets OR 1 large packet
oyster sauce	1 large packet	2 large packets
sesame oil blend	1 packet	2 packets
sesame seeds	1 medium packet	1 large packet
brown sugar*	1 tsp	2 tsp
soy sauce*	1 tbs	2 tbs
vinegar* (white wine or rice wine)	1 tbp	1 tbp
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)	3592kJ (859Cal)	626kJ (150Cal)
Protein (g)	45.8g	8g
Fat, total (g)	36.5g	6.4g
- saturated (g)	12.6g	2.2g
Carbohydrate (g)	92.1g	16.1g
- sugars (g)	21.8g	3.8g
Sodium (mg)	2924mg	510mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4374kJ (1045Cal)	626kJ (150Cal)
Protein (g)	75.2g	10.8g
Fat, total (g)	44.1g	6.3g
- saturated (g)	15.8g	2.3g
Carbohydrate (g)	92.2g	13.2g
- sugars (g)	21.8g	3.1g
Sodium (mg)	2994mg	428mg

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 & get prepped

- In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat. Cook half the **garlic paste** 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. Keep covered until rice is tender and water is absorbed, **10-15 minutes**.
- Meanwhile, thinly slice **brown onion**. Chop **broccoli** (including the stalk!) into small florets. Thinly slice **carrot** into half-moons.

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

3



Bring it all together

- In a small bowl, combine **oyster sauce**, remaining **garlic paste**, **sesame oil blend**, **sesame seeds** (reserve a pinch for the garnish!), the **brown sugar**, the **soy sauce** and the **vinegar**.
- Return frying pan to high heat with a drizzle of **olive oil**. Stir-fry **veggies** with a splash of **water** until tender, **5-7 minutes**.
- Reduce heat to medium, then return **beef** to pan. Stir through **sauce mixture** until warmed through, **1 minute**.

2



Cook the beef

- In a large frying pan, heat a drizzle of **olive oil** over high heat. When oil is hot, cook **beef strips**, in batches, tossing, until browned and cooked through, **1-2 minutes**.

TIP: Cooking the beef in batches over high heat helps it stay tender.

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

4



Serve up

- Divide garlic rice between bowls.
- Top with sesame beef and broccoli stir-fry.
- Sprinkle with **crushed peanuts** and remaining sesame seeds to serve. Enjoy!

Rate your recipe

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