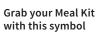


Easy Asian Ginger Beef & Sesame-Garlic Veggies with Rice & Crushed Peanuts

NEW

KID FRIENDLY











Ginger Paste

Carrot



Green Beans



Mixed Sesame Seeds

Garlic Paste





Beef Mince

Crushed Peanuts



Prep in: 15-25 mins Ready in: 20-30 mins

Some ginger beef goodness is on the menu tonight. Sesame-garlic veggies will gladly pair with the beef and a sprinkling of crushed peanuts will put a smile on your dial.

Pantry items

Olive Oil, Soy Sauce, Brown Sugar, 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 · Large frying pan

Ingredients

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	2 People	4 People		
olive oil*	refer to method	refer to method		
jasmine rice	1 medium packet	1 large packet		
oyster sauce	1 medium packet	1 large packet		
soy sauce* (for the sauce)	1 tsp	2 tsp		
brown sugar*	½ tbs	1 tbs		
ginger paste	1 medium packet	1 large packet		
vinegar* (white wine or rice wine)	1 tsp	2 tsp		
carrot	1	2		
green beans	1 small bag	1 medium bag		
capsicum	1	2		
mixed sesame seeds	1 medium sachet	1 large sachet		
soy sauce* (for the veg)	drizzle	drizzle		
garlic paste	1 packet	2 packets		
beef mince	1 small packet	2 small packets OR 1 large packet		
crushed peanuts	1 medium packet	1 large packet		
pork & chive gyozas**	1 packet	2 packets		

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3020kJ (722Cal)	649kJ (155Cal)
Protein (g)	40.6g	8.7g
Fat, total (g)	23.6g	5.1g
- saturated (g)	7g	1.5g
Carbohydrate (g)	82.9g	17.8g
- sugars (g)	16.8g	3.6g
Sodium (mg)	1500mg	323mg
Custom Recipe		

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3870kJ (925Cal)	656kJ (157Cal)
Protein (g)	55.2g	9.4g
Fat, total (g)	27.9g	4.7g
- saturated (g)	7.8g	1.3g
Carbohydrate (g)	108.1g	18.3g
- sugars (g)	19.9g	3.4g
Sodium (mg)	2895mg	491mg

The quantities provided above are averages only.

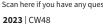
Allergens

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





Make rapid rice & get prepped

- Boil kettle. Half-fill a medium saucepan with boiling water. Add jasmine rice and a pinch of salt and cook, uncovered, over high heat until tender, 12-14 minutes.
- · Drain, rinse with warm water and set aside.
- Meanwhile, in a small bowl, combine oyster sauce, the soy sauce (for the sauce), the brown sugar, ginger paste, the vinegar and a splash of water.
- Thinly slice carrot into rounds. Trim and halve green beans. Thinly slice capsicum.



Cook the beef

- Return frying pan to high heat (no need for oil!).
- Cook beef mince, breaking up with a spoon, until just browned,
 3-4 minutes.
- Remove from heat and stir in **oyster sauce mixture**, until combined.

Custom Recipe: If you've added pork & chive gyozas, cook pork gyozas before beef mince. Return frying pan to medium-high heat with a drizzle of olive oil. When oil is hot, add pork & chive gyoza, flat-side down, in a single layer. Cook until starting to brown, 1-2 minutes. Add the water (¼ cup for 2 people / ½ for 4 people) and cover with foil or a lid. Cook until the water has evaporated and gyozas are tender and softened, 4-5 minutes. Transfer to a plate. Continue as above.



Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- Add carrot, green beans and capsicum and cook, tossing until tender,
 4-6 minutes.
- Add mixed sesame seeds, the soy sauce (for the veg) and garlic paste and cook until just wilted and fragrant, 1-2 minutes.
- Transfer to a bowl and cover to keep warm.

TIP: Add a splash of water to veggies to help speed up the cooking process.



Serve up

- Divide rice and sesame-garlic veggies between bowls.
- Top with Asian ginger beef and sauce from the pan.
- Sprinkle over crushed peanuts to serve. Enjoy!

Custom Recipe: Serve pork gyozas on the side.

Rate your recipe

Our Culinary team is waiting for your feedback! Let them know what you thought: hellofresh.com.au/rate

