



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

NEW

KID FRIENDLY

Grab your Meal Kit with this symbol



Jasmine Rice



Oyster Sauce



Ginger Paste



Carrot



Green Beans



Capsicum



Mixed Sesame Seeds



Garlic Paste



Beef Mince



Crushed Peanuts



Pork & Chive Gyozas

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.

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

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

	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



1 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**.



3 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.



2 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.



4 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

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