



Easy Thai Spiced Beef & Veggie Stir-Fry

with Garlicy Spring Onion Rice & Crushed Peanuts

NEW

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Carrot



Zucchini



Capsicum



Oyster Sauce



Thai Stir-Fry Spice



Beef Strips



Spring Onion



Crushed Peanuts



Beef Rump

Prep in: 15-25 mins
Ready in: 25-35 mins

This dish is a flavourful combination of crisp and colourful veggies, tender beef strips and more-ish garlic rice infused with spring onion, with the feel-good factor that comes from cooking a delicious meal from scratch.

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

Pantry items

Olive Oil, Butter, Soy Sauce, Brown Sugar

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* (for the rice)	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
carrot	1	2
zucchini	1	2
capsicum	1	2
oyster sauce	1 medium packet	1 large packet
water* (for the sauce)	2 tbs	¼ cup
soy sauce*	1 tbs	2 tbs
brown sugar*	½ tbs	1 tbs
Thai stir-fry spice	1 medium sachet	1 large sachet
beef strips	1 small packet	2 small packets OR 1 large packet
spring onion	1 stem	2 stems
crushed peanuts	1 medium packet	1 large packet
beef rump**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3017kJ (721Cal)	558kJ (133Cal)
Protein (g)	43.7g	8.1g
Fat, total (g)	21.8g	4g
- saturated (g)	9.6g	1.8g
Carbohydrate (g)	83.6g	15.5g
- sugars (g)	15.6g	2.9g
Sodium (mg)	2049mg	379mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2910kJ (696Cal)	515kJ (123Cal)
Protein (g)	44.9g	7.9g
Fat, total (g)	18.4g	3.3g
- saturated (g)	7.9g	1.4g
Carbohydrate (g)	83.5g	14.8g
- sugars (g)	15.5g	2.7g
Sodium (mg)	2054mg	363mg

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** and a drizzle of **olive oil** over medium heat.
- Cook half the **garlic** until fragrant, **1 minute**. Add the **water (for the rice)** and a 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 pan from heat and keep covered until rice is tender and water is absorbed, **12 minutes**.

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

3



Cook the beef & veggies

- When the rice has **10 minutes** remaining, heat a large frying pan over high heat with a drizzle of **olive oil**. Cook **beef strips**, tossing, until browned and cooked through, **1-2 minutes**. Transfer to a plate.
- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **carrot, zucchini** and **capsicum**, stirring, until tender, **5-6 minutes**.
- Add remaining **garlic** and cook until fragrant, **1-2 minutes**.
- Add **oyster sauce mixture** to veggies, then return beef to frying pan and remove from the heat. Toss until combined and warmed through.

Custom Recipe: Heat frying pan as above. Cook beef, turning, for 3-6 minutes or until cooked to your liking. Transfer to a plate to rest. Continue as above, returning beef rump to pan with oyster sauce, turning to coat.

2



Get prepped

- Thinly slice **carrot** and **zucchini** into half-moons. Thinly slice **capsicum**.
- In a small bowl, combine **oyster sauce**, the **water (for the sauce)**, **soy sauce** and **brown sugar**. Set aside.
- In a medium bowl, combine **Thai stir-fry spice** and a drizzle of **olive oil**. Add **beef strips** and toss to coat.

Custom Recipe: If you've upgraded to beef rump, place beef rump between two sheets of baking paper. Pound beef with a meat mallet or rolling pin until slightly flattened. Season beef as above.

4



Serve up

- Thinly slice **spring onion**.
- Stir spring onion through garlic rice.
- Divide garlic and spring onion rice between bowls.
- Top with Thai spiced beef and veggie stir-fry.
- Garnish with **crushed peanuts** to serve. Enjoy!

Custom Recipe: Slice beef to serve.

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