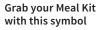


Sweet Chilli Peanut Beef Stir-Fry

with Soy Veggies, Garlic Rice & Sesame Dressing

NEW

KID FRIENDLY













Carrot



Zucchini









Beef Strips



Sesame Dressing





Prep in: 15-25 mins Ready in: 25-35 mins My oh my, did someone say it's beef stir-fry night? Luckily, we've put together one of the classics for you to devour in no time. Keep an eye out for the peanuts and sweet chilli sauce that coats all of the veggies and beef to perfection. It is so good that it deserves some recognition.

Pantry items

Olive Oil, Butter, 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 \cdot Large frying pan

Ingredients

ing. calcine				
	2 People	4 People		
olive oil*	refer to method	refer to method		
garlic	3 cloves	6 cloves		
butter*	20g	40g		
water*	1¼ cup	2½ cup		
jasmine rice	1 medium packet	1 large packet		
carrot	1	2		
zucchini	1	2		
capsicum	1	2		
soy sauce*	2 tbs	⅓ cup		
sweet chilli sauce	1 medium packet	2 medium packets		
vinegar* (white wine or rice wine)	1 tsp	2 tsp		
beef strips	1 small packet	2 small packets OR 1 large packet		
crushed peanuts	1 medium packet	1 large packet		
sesame dressing	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)	3454kJ (826Cal)	619kJ (148Cal)
Protein (g)	42.8g	7.7g
Fat, total (g)	32.6g	5.8g
- saturated (g)	10.8g	1.9g
Carbohydrate (g)	86.3g	15.5g
- sugars (g)	22.3g	4g
Sodium (mg)	1253mg	225mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3347kJ (800Cal)	574kJ (137Cal)
Protein (g)	44g	7.5g
Fat, total (g)	29.2g	5g
- saturated (g)	9.1g	1.6g
Carbohydrate (g)	86.2g	14.8g
- sugars (g)	22.3g	3.8g
Sodium (mg)	1258mg	216mg

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 garlic rice & cut the veggies

- Finely chop garlic.
- In a medium saucepan, melt the butter and a dash of olive oil over medium heat. Add half the garlic and cook until fragrant, 1-2 minutes.
- Add the water and a generous pinch of salt to the pan 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 the heat and keep covered until the rice is tender and all the water is absorbed, 10-15 minutes.
- Meanwhile, thinly slice **carrot** and **zucchini** into half-moons.
- Thinly slice capsicum.



Cook the beef

- Return frying pan to high heat with a drizzle of olive oil. When oil is hot, cook beef strips, tossing, in batches until browned and cooked through,
 1-2 minutes.
- Reduce heat to medium, return beef to pan, add sweet chilli sauce mixture and crushed peanuts, cook until bubbling, 1 minute. Remove from heat.

Custom Recipe: If you've upgraded to beef rump, place beef between two sheets of baking paper. Pound beef with a rolling pin until slightly flattened. Season. In a large frying pan, heat a drizzle of olive oil over high heat. When oil is hot, cook beef, turning, for 3-6 minutes (depending on thickness), or until cooked to your liking. In the last minute, reduce heat to medium, then add the sauce and peanuts as above. Transfer to a plate to rest.



Cook the veggies

- Heat a large frying pan over high heat with a drizzle of **olive oil**.
- Add carrot, zucchini and capsicum and cook, tossing, until tender,
 5-6 minutes.
- Add half the soy sauce and toss to combine, 1 minute. Transfer to a bowl and cover to keep warm.
- While the veggies are cooking, in a small bowl, combine sweet chilli sauce, the vinegar, a splash of water and the remaining soy sauce and remaining garlic.



Serve up

- Divide garlic rice between bowls.
- Top with the sweet chilli peanut beef stir-fry and soy greens.
- Drizzle over sesame dressing to serve. Enjoy!

Custom Recipe: Slice beef rump to serve.

Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate

