



Satay Coconut Beef & Basmati Rice

with Baby Broccoli & Quick-Prep Veggies

NEW

KID FRIENDLY



Grab your Meal Kit with this symbol



Basmati Rice



Baby Broccoli



Carrot & Zucchini Mix



Beef Strips



Satay Seasoning



Coconut Milk



Peanut Butter



Baby Spinach Leaves



Beef Strips

Prep in: **5-15** mins
Ready in: **15-35** mins

Can you really go wrong with a classic rice and veggie dish? The answer is no, especially when you have satay coconut beef that smells so good you'll be tempted to eat it straight out of the pan.

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

Pantry items

Olive Oil, 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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
basmati rice	1 medium packet	1 large packet
baby broccoli	1 bunch	2 bunches
carrot & zucchini mix	1 medium bag	1 large bag
beef strips	1 small packet	2 small packets OR 1 large packet
satay seasoning	1 sachet	2 sachets
coconut milk	1 packet	2 packets
peanut butter	1 packet	2 packets
soy sauce*	1 tbs	2 tbs
brown sugar*	½ tbs	1 tbs
water*	¼ cup	½ cup
baby spinach leaves	1 small bag	1 medium bag
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)	3265kJ (780Cal)	637kJ (152Cal)
Protein (g)	44.5g	8.7g
Fat, total (g)	31.4g	6.1g
- saturated (g)	18.6g	3.6g
Carbohydrate (g)	78.2g	15.2g
- sugars (g)	12.8g	2.5g
Sodium (mg)	1029mg	201mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4026kJ (962Cal)	631kJ (151Cal)
Protein (g)	74.5g	11.7g
Fat, total (g)	38.1g	6g
- saturated (g)	21.4g	3.4g
Carbohydrate (g)	78.3g	12.3g
- sugars (g)	12.9g	2g
Sodium (mg)	1088mg	171mg

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 rice

- Boil the kettle.
- Half-fill a medium saucepan with the boiling water.
- Add **basmati rice** and a pinch of **salt** and cook, uncovered, over high heat until tender, **12 minutes**. Drain.

3



Cook 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 and return all **beef** to pan. Add **satay seasoning** and cook until fragrant, **1 minute**.
- Stir in **coconut milk**, **peanut butter**, the **soy sauce**, **brown sugar** and **water** and simmer until bubbling, **2-3 minutes**.
- Remove pan from heat, add **baby spinach leaves** cook, tossing, until combined. Season to taste.

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

Custom Recipe: If you've doubled your beef strips, cook beef as above.

2



Cook the veggies

- Meanwhile, trim **baby broccoli**.
- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- Cook **baby broccoli** and **carrot & zucchini mix**, tossing, until tender, **4-5 minutes**. Transfer to a bowl, cover to keep warm and set aside.

4



Serve up

- Divide rice between bowls.
- Top with satay coconut beef and veggies to serve. Enjoy!

Rate your recipe

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