



Quick Soy-Ginger Beef Bowl

with Slaw, Garlic Rice & Crushed Peanuts

KID FRIENDLY

Grab your Meal Kit with this symbol



Garlic Paste



Jasmine Rice



Sweetcorn



Carrot



Shredded Cabbage Mix



Mayonnaise



Ginger Paste



Sweet Soy Seasoning



Beef Strips



Crushed Peanuts



Beef Strips

Prep in: 20-30 mins
Ready in: 25-35 mins

In this textural, Asian-inspired dish, the ginger marinade adds a subtle warmth and sweetness to juicy beef strips, which the fluffy garlic rice happily welcomes. A jammy fried egg brings everything together beautifully.

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

Pantry items

Olive Oil, Butter, Brown Sugar, Eggs, 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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
butter*	20g	40g
garlic paste	1 packet	2 packets
jasmine rice	1 medium packet	1 large packet
water*	1¼ cups	2½ cups
sweetcorn	1 medium tin	1 large tin
carrot	1	2
shredded cabbage mix	1 medium packet	1 large packet
mayonnaise	1 medium packet	1 large packet
vinegar* (white wine or rice wine)	drizzle	drizzle
ginger paste	1 medium packet	1 large packet
sweet soy seasoning	1 sachet	2 sachets
brown sugar*	1 tsp	2 tsp
eggs*	2	4
beef strips	1 small packet	2 small packets OR 1 large packet
crushed peanuts	1 medium packet	1 large packet
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)	3847kJ (919Cal)	720kJ (172Cal)
Protein (g)	52.9g	9.9g
Fat, total (g)	42.3g	7.9g
- saturated (g)	13.2g	2.5g
Carbohydrate (g)	79.8g	14.9g
- sugars (g)	13.2g	2.5g
Sodium (mg)	1443mg	270mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4607kJ (1101Cal)	699kJ (167Cal)
Protein (g)	82.9g	12.6g
Fat, total (g)	49.1g	7.4g
- saturated (g)	16g	2.4g
Carbohydrate (g)	79.9g	12.1g
- sugars (g)	13.3g	2g
Sodium (mg)	1502mg	228mg

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

- In a medium saucepan, melt the **butter** with a dash of **olive oil** over medium heat. Cook **garlic paste** until fragrant, **1-2 minutes**.
- Add **jasmine rice**, the **water** and a generous pinch of **salt**. Bring to the boil. Reduce heat to low and cover with a lid. Cook for **12 minutes**, then remove from heat.
- Keep covered until rice is tender and the water is absorbed, **12 minutes**.

3



Cook the eggs & beef

- When the rice has **10 minutes** remaining, heat a large frying pan over high heat with a drizzle of **olive oil**. When oil is hot, crack the **eggs** into pan. Cook until egg whites are firm and yolks are cooked to your liking, **2-3 minutes**. Transfer to a plate and cover to keep warm.
- Wipe out frying pan, then return to high heat with a drizzle of **olive oil**. When oil is hot, cook **beef strips** in batches, until browned and cooked through, **1-2 minutes**. Return all **cooked beef** and **soy-ginger mixture** to pan and cook, tossing, until bubbling, **1 minute**.

Custom Recipe: If you've doubled your beef strips, cook beef in batches. Return all beef to pan before adding the soy-ginger mixture as above.

2



Get prepped & make the slaw

- While the rice is cooking, drain **sweetcorn**. Grate **carrot**.
- In a medium bowl, combine **sweetcorn**, **carrot**, **shredded cabbage mix**, **mayonnaise** and a drizzle of **olive oil** and **vinegar**. Toss to combine. Season to taste, then set aside.
- In a small bowl, combine **ginger paste**, **sweet soy seasoning**, the **brown sugar** and a pinch of **pepper**.

Little cooks: Help combine the ingredients for the marinade and the slaw!

4



Serve up

- Divide garlic rice between bowls.
- Top with soy-ginger beef, slaw and fried eggs.
- Sprinkle with **crushed peanuts** to serve. Enjoy!

Little cooks: Show them how it's done and help plate up!

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