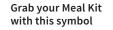
Sweet & Sticky Asian Beef with Coconut Rice & Garlic Veggies

KID FRIENDLY











Coconut Milk





Zucchini

Carrot







Oyster Sauce



Baby Spinach

Ginger Paste



Beef Strips



Prep in: 30-40 mins Ready in: 35-45 mins

There's something seriously addictive about succulent beef strips coated in this sweet and sticky sauce, which has a touch of zing from the addition of ginger. Just add fragrant coconut rice and tender veg for a meal that's sure to be a new favourite.

Pantry items

Olive Oil, 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 \cdot Large frying pan

Ingredients

ingi caici ico			
	2 People	4 People	
olive oil*	refer to method	refer to method	
coconut milk	1 packet	2 packets	
water* (for the rice)	¾ cup	1¼ cups	
basmati rice	1 medium packet	1 large packet	
carrot	1	2	
zucchini	1	2	
garlic	1 clove	2 cloves	
ginger paste	1 medium packet	1 large packet	
brown sugar*	1 tbs	2 tbs	
oyster sauce	1 medium packet	1 large packet	
water* (for the sauce)	1 tbs	2 tbs	
baby spinach leaves	1 small packet	1 medium packet	
beef strips	1 small packet	2 small packets OR 1 large packet	
beef strips**	1 small packet	2 small packets OR 1 large packet	

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Per Serving	Per 100g			
3145kJ (752Cal)	634kJ (152Cal)			
42.2g	8.5g			
29.4g	5.9g			
18.4g	3.7g			
78.4g	15.8g			
15.1g	3g			
1365mg	275mg			
	3145kJ (752Cal) 42.2g 29.4g 18.4g 78.4g 15.1g			

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3906kJ (934Cal)	629kJ (150Cal)
Protein (g)	72.2g	11.6g
Fat, total (g)	35.9g	5.8g
- saturated (g)	21g	3.4g
Carbohydrate (g)	78.3g	12.6g
- sugars (g)	15g	2.4g
Sodium (mg)	1438mg	232mg

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.







Cook the coconut rice

- In a medium saucepan, add coconut milk, the water (for the rice) and a generous pinch of salt, then bring to the boil. Add basmati rice.
 Stir, cover with a lid and reduce the heat to low.
- Cook for 15 minutes, then remove the pan from the heat. Keep covered until the rice is tender and the water is absorbed, 10 minutes.

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



Get prepped

- While the rice is cooking, thinly slice carrot and zucchini into half-moons.
- Finely chop garlic.



Make the sauce

 In a medium bowl, combine ginger paste, the brown sugar, oyster sauce, water (for the sauce) and half the garlic.



Cook the veggies

- In a large frying pan, heat a drizzle of olive
 oil over medium-high heat. Cook carrot and
 zucchini with a splash of water, tossing, until
 tender, 6-7 minutes. Add remaining garlic and
 cook until fragrant, 1-2 minutes.
- Add baby spinach leaves and stir until wilted,
 1 minute. Season with salt and pepper. Toss to coat, then transfer to a plate and cover to keep warm.



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.
- Add **sauce** to the pan and cook until bubbling and reduced, **2-3 minutes**.

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

Custom Recipe: If you've doubled your beef strips, cook beef in batches for best results.



Serve up

- · Divide coconut rice between bowls.
- Top with sweet and sticky Asian beef and garlic veggies.
- Spoon over any extra sauce from the pan to serve. Enjoy!



Our Culinary team is waiting for your feedback! Let them know what you thought: hellofresh.com.au/rate