



# Sweet & Sticky Asian Beef

with Coconut Rice & Garlic Veggies

KID FRIENDLY

Grab your Meal Kit with this symbol



Coconut Milk



Basmati Rice



Carrot



Zucchini



Garlic



Ginger Paste



Oyster Sauce



Baby Spinach Leaves



Beef Strips



Beef Strips

### Recipe Update

We've replaced the broccoli in this recipe with zucchini due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

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.

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

### 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 · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
coconut milk	1 packet	2 packets
<b>water*</b> (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
<b>brown sugar*</b>	1 tbs	2 tbs
oyster sauce	1 medium packet	1 large packet
<b>water*</b> (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

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3145kJ (752Cal)	634kJ (152Cal)
Protein (g)	42.2g	8.5g
Fat, total (g)	29.4g	5.9g
- saturated (g)	18.4g	3.7g
Carbohydrate (g)	78.4g	15.8g
- sugars (g)	15.1g	3g
Sodium (mg)	1365mg	275mg

### 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](https://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 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!



## 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.



## Get prepped

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



## 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.



## Make the sauce

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



## 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!

## Rate your recipe

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