



Sweet & Sticky Asian Beef

with Coconut Rice & Garlic Veggies

KID FRIENDLY

Grab your Meal Kit with this symbol



Coconut Milk



Carrot



Garlic



Oyster Sauce



Beef Strips



Basmati Rice



Broccoli



Ginger Paste



Baby Spinach Leaves



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.

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
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
broccoli	½ head	1 head
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 medium packet	2 medium packets OR 1 large packet
beef strips**	1 medium packet	2 medium 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)	36.2g	5.8g
- saturated (g)	21.2g	3.4g
Carbohydrate (g)	78.6g	12.7g
- sugars (g)	15.2g	2.4g
Sodium (mg)	1424mg	229mg

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!

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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 **broccoli** 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** into half-moons.
- Roughly chop **broccoli** (see ingredients) (including the stalk!) into small florets.
- 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 a 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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