



# Mild Coconut Satay Beef & Garlic Veggies

with Jasmine Rice & Crispy Shallots

NEW

KID FRIENDLY

Grab your Meal Kit with this symbol



Jasmine Rice



Carrot



Garlic Paste



Baby Spinach Leaves



Beef Strips



Satay Seasoning



Coconut Milk



Chicken-Style Stock Powder



Crispy Shallots



Beef Rump

## Recipe Update

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

Prep in: 10-20 mins  
Ready in: 25-35 mins

In just 4 easy steps, whip up a tasty beef bowl, perfect for rice night. You've got your carrot, broccoli and spinach in the veggie department and satay beef in your protein department, all the perfect accompaniments for fluffy jasmine rice. Don't forget some crispy shallots for crunch!

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

## Pantry items

Olive Oil, Soy Sauce

## 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 lid · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
<b>water*</b>	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
carrot	1	2
garlic paste	1 medium packet	2 medium packets
baby spinach leaves	1 small packet	1 medium packet
beef strips	1 medium packet	2 medium packets OR 1 large packet
satay seasoning	1 medium sachet	2 medium sachets
coconut milk	1 packet	2 packets
chicken-style stock powder	1 medium sachet	1 large sachet
<b>soy sauce*</b>	1 tsp	2 tsp
crispy shallots	1 medium packet	1 large packet
beef rump**	1 medium packet	2 medium packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2885kJ (690Cal)	705kJ (168Cal)
Protein (g)	40g	9.8g
Fat, total (g)	28g	6.8g
- saturated (g)	20g	4.9g
Carbohydrate (g)	76.2g	18.6g
- sugars (g)	8.1g	2g
Sodium (mg)	1277mg	312mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2800kJ (669Cal)	645kJ (154Cal)
Protein (g)	40.5g	9.3g
Fat, total (g)	25.4g	5.8g
- saturated (g)	18.6g	4.3g
Carbohydrate (g)	76.1g	17.5g
- sugars (g)	8g	1.8g
Sodium (mg)	1283mg	295mg

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



1



## Cook the rice

- Add the **water** to a medium saucepan and bring to the boil.
- Add **jasmine rice**, stir, cover with a lid and reduce heat to low.
- Cook for **12 minutes**, then remove the pan from heat and keep covered until rice is tender and all the water is absorbed, **12 minutes**.

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

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## Cook the beef

- Return frying pan to high heat with a good drizzle of **olive oil**. When oil is hot, cook **beef strips** in batches, tossing, until browned and cooked through, **1-2 minutes**. Season with **salt** and **pepper**.
- Reduce heat to medium, then add **satay seasoning**, **coconut milk**, **chicken-style stock powder** and the **soy sauce**.
- Return **beef** to frying pan and simmer until slightly thickened, **1-2 minutes**.

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

**Custom Recipe:** If you've swapped to beef rump, place beef rump between two sheets of baking paper. Pound beef with a meat mallet or rolling pin until slightly flattened. Season beef with salt and pepper. In a large frying pan, heat a drizzle of olive oil over high heat. When oil is hot, cook beef, turning, for 3-6 minutes (depending on thickness), or until cooked to your liking. Transfer to a plate to rest.

2



## Cook the veggies

- Thinly slice **carrots** into rounds.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **carrot**, tossing, until tender, **4-5 minutes**.
- Add **garlic paste** and **baby spinach leaves** and cook, until fragrant and wilted, **1-2 minutes**. Season with **salt** and **pepper**. Transfer to a bowl and cover to keep warm.

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## Serve up

- Divide rice between bowls.
- Top with garlic veggies and mild coconut satay beef.
- Spoon over any remaining sauce and garnish with **crispy shallots** to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

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