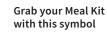
# Sweet & Sticky Asian Beef with Coconut Rice & Garlic Veggies

KID FRIENDLY















Carrot











**Baby Spinach** 

Leaves

**Ginger Paste** 

**Oyster Sauce** 



**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

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	2 People	4 People	
olive oil*	refer to method	refer to method	
coconut milk	1 packet	2 packets	
water* (for the rice)	³⁄₄ 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	
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<sup>\*</sup>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)	<b>3929kJ</b> (939Cal)	633kJ (151Cal)
Protein (g)	71.8g	11.6g
Fat, total (g)	37g	6g
- saturated (g)	21.6g	3.5g
Carbohydrate (g)	78.5g	12.6g
- sugars (g)	15.2g	2.4g
Sodium (mg)	1429mg	230mg

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



#### Make the sauce

 In a medium bowl, combine ginger paste, the brown sugar, oyster sauce, the 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
   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.



# Cook the beef

- Return frying pan to high heat with a drizzle of olive oil. When oil is hot, cook beef strips, in batches, tossing, 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!



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