



Sweet Chilli Ginger Beef & Broccoli Stir-Fry

with Rice & Sesame Seeds

NEW

KID FRIENDLY

Grab your Meal Kit with this symbol



Basmati Rice



Sweetcorn



Broccoli & Carrot Mix



Garlic Paste



Beef Mince



Ginger Paste



Asian BBQ Seasoning



Oyster Sauce



Sweet Chilli Sauce



Sesame Seeds



Beef Mince

Prep in: **15-25** mins
Ready in: **15-25** mins

Juicy beef mince and vibrant veggies are brimming with a delectable combo of zingy and BBQ flavours in this stellar stir-fry. Serve with fluffy basmati rice to soak up all the deliciousness!

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

Pantry items

Olive Oil

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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
basmati rice	1 medium packet	1 large packet
sweetcorn	1 medium tin	1 large tin
broccoli & carrot mix	1 medium packet	1 large packet
garlic paste	1 medium packet	2 medium packets
beef mince	1 medium packet	2 medium packets OR 1 large packet
ginger paste	1 medium packet	1 large packet
Asian BBQ seasoning	1 medium sachet	2 medium sachets
oyster sauce	1 medium packet	1 large packet
sweet chilli sauce	1 small packet	1 medium packet
water*	¼ cup	½ cup
sesame seeds	1 medium sachet	1 large sachet
beef mince**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2945kJ (704Cal)	727kJ (174Cal)
Protein (g)	38.3g	9.5g
Fat, total (g)	20.8g	5.1g
- saturated (g)	6.9g	1.7g
Carbohydrate (g)	87.1g	21.5g
- sugars (g)	20.2g	5g
Sodium (mg)	2411mg	595mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3891kJ (930Cal)	734kJ (175Cal)
Protein (g)	65.9g	12.4g
Fat, total (g)	33.6g	6.3g
- saturated (g)	12.5g	2.4g
Carbohydrate (g)	87.1g	16.4g
- sugars (g)	20.2g	3.8g
Sodium (mg)	2485mg	469mg

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!

Scan here if you have any questions or concerns



1



Cook the rice

- Boil the kettle. Half-fill a medium saucepan with the boiling water.
- Add **basmati rice** and a pinch of **salt** and cook, uncovered, over high heat until tender, **12 minutes**. Drain.

3



Cook the beef

- Return frying pan to medium-high heat. Cook **beef mince** (no need for oil!), breaking up with a spoon, until just browned, **4-5 minutes**.
- Add **ginger paste** and **Asian BBQ seasoning** and cook until fragrant, **1 minute**.
- Stir in **cooked veggies**, **oyster sauce**, **sweet chilli sauce** and the **water**, and simmer until bubbling and slightly reduced, **1-2 minutes**.

Custom Recipe: If you've doubled your beef mince, prepare and cook beef as above. Cook in batches if your pan is getting crowded.

2



Cook the veggies

- Meanwhile, drain **sweetcorn**.
- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- Cook **broccoli & carrot mix** and **corn**, tossing until tender, **5-6 minutes**.
- Add **garlic paste**, and cook until fragrant, **1 minute**. Transfer to a bowl and season.

TIP: Add a dash of water to the pan to help speed up the cooking process.

4



Serve up

- Divide rice between bowls.
- Top with sweet chilli ginger beef and broccoli stir-fry.
- Sprinkle with **sesame seeds** to serve. Enjoy!

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