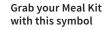


# Sweet Chilli Ginger Beef & Broccoli Stir-Fry with Rice & Sesame Seeds

NEW

KID FRIENDLY











Broccoli & Carrot







Garlic Paste





Seasoning

**Oyster Sauce** 



Sweet Chilli Sauce





Sesame Seeds



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!

**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*	1/4 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)	<b>734kJ</b> (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.



Scan here if you have any questions or concerns





#### 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.



# 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.



#### 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.



# 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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