



Quick Sizzling Sweet Chilli Beef & Rice

with Garlic Veggies & Spring Onion

NEW

KID FRIENDLY

Grab your Meal Kit with this symbol



Basmati Rice



Green Beans



Spring Onion



Garlic



Broccoli & Carrot Mix



Sweet Soy Seasoning



Beef Strips



Sweet Chilli Sauce



Soy Sauce Mix



Beef Strips

Prep in: 10-20 mins
Ready in: 20-30 mins



Calorie Smart*

*Custom recipe is not Calorie Smart

Sweet chilli and sweet soy-doused beef, garlicky broccoli, green beans and carrot plus fragrant rice, a little stir-fry number has never been made so easy!

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

Pantry items

Olive Oil, Butter

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
water*	1½ cups	3 cups
basmati rice	1 medium packet	1 large packet
green beans	1 small packet	1 medium packet
spring onion	1 stem	2 stems
garlic	2 cloves	4 cloves
broccoli & carrot mix	1 medium packet	1 large packet
sweet soy seasoning	1 medium sachet	2 medium sachets
beef strips	1 medium packet	2 medium packets OR 1 large packet
sweet chilli sauce	1 medium packet	2 medium packets
soy sauce mix	1 medium packet	2 medium packets
butter*	20g	40g
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)	2690kJ (643Cal)	692kJ (165Cal)
Protein (g)	38.2g	9.8g
Fat, total (g)	16.7g	4.3g
- saturated (g)	8.9g	2.3g
Carbohydrate (g)	81.1g	20.9g
- sugars (g)	18.2g	4.7g
Sodium (mg)	1658mg	427mg
Dietary Fibre (g)	11.3g	2.9g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3472kJ (830Cal)	676kJ (162Cal)
Protein (g)	67.7g	13.2g
Fat, total (g)	24.3g	4.7g
- saturated (g)	12.1g	2.4g
Carbohydrate (g)	81.2g	15.8g
- sugars (g)	18.3g	3.6g
Sodium (mg)	1721mg	335mg
Dietary Fibre	11.3g	2.2g

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

- To a medium saucepan, add the **water** and a pinch of **salt** and bring to the boil.
- Add **basmati rice**, stir, cover with a lid and reduce heat to low.
- Cook for **10 minutes**, then remove pan from heat and keep covered until rice is tender and water is absorbed, **10 minutes**.

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

3



Cook the beef

- When rice has **5 minutes** remaining, in a medium bowl, combine **sweet soy seasoning**, **beef strips** and a drizzle of **olive oil**.
- 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**.
- Reduce heat to medium. Return all **beef** to pan and stir in **sweet chilli sauce** and **soy sauce mix**, until coated.

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

Custom Recipe: If you've doubled your beef strips, prepare and cook beef as above, in batches for best results.

2



Cook the veggies

- Meanwhile, trim and halve **green beans**. Thinly slice **spring onion**. Finely chop **garlic**.
- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **broccoli & carrot mix** and **green beans**, tossing, until softened, **5-6 minutes**. Add **garlic** and cook until fragrant, **1 minute**. Transfer to serving bowls, season and cover to keep warm.

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

4



Serve up

- Stir the **butter** through rice.
- Divide rice between bowls with garlic veggies.
- Top rice with sizzling sweet chilli beef.
- Sprinkle with spring onion to serve. Enjoy!

Rate your recipe

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