

# Saucy Beef & Homemade Scallion Pancakes

with Rice & Chinese-Style Chilli Sauce

SKILL UP

NEW

Grab your meal kit  
with this number

42



White Rice



Garlic



Green Beans



Carrot



Spring Onion



Basic Sponge Mix



Beef Strips



Asian BBQ Seasoning



Ginger Paste



Sriracha



Oyster Sauce



Beef Strips



Peeled Prawns

Prep in: 30-40 mins  
Ready in: 40-50 mins

Here to challenge your inner chef, our new 'skill up' recipes will take you from zero to hero. Whip up a classic beef in oyster sauce to serve with mini scallion pancakes with our step-by-step instructions. It's a restaurant-worthy meal that you can master in your own kitchen - grab your chopsticks and dig in!

## Pantry items

Olive Oil, Butter, Plain Flour, Brown Sugar

## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

**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 · Two large frying pans · Rolling pin

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
white rice	1 medium packet	1 large packet
garlic	3 cloves	6 cloves
<b>butter*</b>	20g	40g
<b>water*</b> (for the rice)	1¼ cups	2½ cups
green beans	1 small packet	1 medium packet
carrot	1	2
spring onion	1 stem	2 stems
basic sponge mix	1 packet	2 packets
<b>warm water*</b>	½ cup	¾ cup
<b>plain flour*</b>	2 tbs	¼ cup
beef strips	1 medium packet	2 medium packets OR 1 large packet
Asian BBQ seasoning	1 sachet	2 sachets
ginger paste	1 medium packet	1 large packet
sriracha	1 packet	2 packets
<b>brown sugar*</b>	¼ tsp	½ tsp
oyster sauce	1 medium packet	1 large packet
<b>water*</b> (for the sauce)	¼ cup	½ cup

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4159kJ (994Cal)	873kJ (209Cal)
Protein (g)	48.3g	10.1g
Fat, total (g)	17.8g	3.7g
- saturated (g)	5.9g	1.2g
Carbohydrate (g)	156.1g	32.8g
- sugars (g)	17.3g	3.6g
Sodium (mg)	3669mg	770mg
Dietary Fibre (g)	25.6g	5.4g

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 Make the garlic rice

- Rinse and drain **white rice**. Finely chop **garlic**. In a medium saucepan, melt the **butter** with a dash of **olive oil** over medium heat.
- Cook half the **garlic** until fragrant, **1-2 minutes**. Add the **water (for the rice)** and a generous pinch of **salt** and bring to the boil.
- Add **white rice**, stir, cover with a lid and reduce heat to low. Cook for **10 minutes**, then remove from heat and keep covered until rice is tender and all the water is absorbed, **10 minutes**.

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



## 4 Cook the spring onion pancakes

- Dust a work surface with the remaining **flour**, then divide **dough** into 6 golf ball-sized pieces.
- Pat and flatten the **dough**, then use a rolling pin to roll each piece into 12cm rounds, roughly 0.5cm thick.
- In a large frying pan, heat enough **olive oil** to cover the base of the pan over medium heat.
- Cook **pancakes**, in batches, adding extra oil as necessary, until browned, **2-3 minutes** each side. Transfer to a paper-towel lined plate.



## 2 Get prepped & make pancakes

- Meanwhile, trim and halve **green beans**. Cut **carrot** into thin sticks. Thinly slice **spring onion**.
- In a large bowl, combine **basic sponge mix** and **olive oil** (2 tbs for 2 people / ¼ cup for 4 people). Use your fingertips to rub together until the dough resembles breadcrumbs.
- Add **spring onion**, the **warm water** and a generous pinch of **salt** and bring dough together (don't worry if dough is flaky at this point).
- Lightly dust a work surface with half the **plain flour**. Tip out **dough** and knead until smooth, **2-3 minutes**. Cover and set aside.

**TIP:** If the dough is sticky while kneading, dust with extra flour.



## 5 Cook the beef stir-fry

- Meanwhile, in a second large frying pan, heat a drizzle of **olive oil** over high heat.
- Stir-fry **carrot** and **green beans** until tender, **4-5 minutes**. Transfer to a bowl and set aside.
- Return pan to high heat with a drizzle of **olive oil**. Stir-fry **beef strips** until browned and cooked through, **1-2 minutes**.
- Return **cooked veggies** and all **beef** to pan, then stir in **oyster sauce** and the **water (for the sauce)**, until bubbling, **1 minute**. Season.



## 3 Prep beef & make chilli sauce

- In a medium bowl, combine **beef strips**, **Asian BBQ seasoning** and a drizzle of **olive oil**. Set aside.
- In a small heatproof bowl, combine **ginger paste**, the remaining **garlic** and a drizzle of **olive oil**. Microwave in **10 second** bursts until fragrant.
- **SPICY!** Use less **sriracha** if you're sensitive to heat! Add **sriracha** and the **brown sugar** and stir until combined. Season to taste.



## 6 Serve up

- Divide garlic rice and saucy beef between bowls.
- Serve with handmade scallion pancakes and Chinese-style chilli sauce. Enjoy!

### CUSTOM OPTIONS



#### DOUBLE BEEF STRIPS

Follow method above, cooking in batches if necessary.



#### SWAP TO PEELED PRAWNS

Cook, tossing, until pink and starting to curl up, 3-4 minutes.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

