



# Quick Japanese-Style Beef & Green Bean Stir-Fry

with Rice & Garlic Aioli

KID FRIENDLY

Grab your meal kit with this number

2



Basmati Rice



Long Chilli (Optional)



Garlic



Celery



Carrot



Green Beans



Ginger Paste



Beef Strips



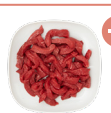
Japanese Style Dressing



Garlic Aioli



Beef Rump



Beef Strips

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

Full of flavour, texture and colour, this is how dinner should always be done! From the succulent seared beef to the bright green beans and the kick of the chilli, every bite will have you wanting more.

### Pantry items

Olive Oil, Vinegar (White Wine or Rice Wine), Soy Sauce, Honey

## 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 · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
basmati rice	1 medium packet	1 large packet
long chilli  (optional)	½	1
<b>vinegar*</b> (white wine or rice wine)	¼ cup	½ cup
garlic	1 clove	2 cloves
celery	1 medium packet	1 large packet
carrot	1	2
green beans	1 small packet	1 medium packet
ginger paste	1 medium packet	1 large packet
<b>soy sauce*</b>	2 tbs	¼ cup
<b>honey*</b>	1 tbs	2 tbs
beef strips	1 medium packet	2 medium packets OR 1 large packet
Japanese style dressing	1 packet	2 packets
garlic aioli	1 medium packet	1 large packet

### \*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3077kJ (735Cal)	736kJ (176Cal)
Protein (g)	36.1g	8.6g
Fat, total (g)	31.5g	7.5g
- saturated (g)	5.5g	1.3g
Carbohydrate (g)	75.6g	18.1g
- sugars (g)	15.4g	3.7g
Sodium (mg)	472mg	113mg
Dietary Fibre (g)	11.8g	2.8g

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

2024 | CW31



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 veggies & beef

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **celery, carrot** and **green beans**, stirring, until tender, **4-5 minutes**. Transfer **veggies** to a medium bowl. Add **Japanese style dressing**, tossing to coat.
- Return frying pan to high heat with a drizzle of **olive oil**. When oil is hot, cook **beef strips**, tossing, in batches (shake off any excess marinade as you go), until browned, **1-2 minutes**.

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

### CUSTOM OPTIONS



#### SWAP TO BEEF RUMP

Thinly slice into strips. Cook as above, for 1-2 minutes.



#### DOUBLE BEEF STRIPS

Follow method above, cooking in batches if necessary.

2



## Pickle the chilli & get prepped

- Meanwhile, thinly slice **long chilli** (if using).
- In a small bowl, combine the **vinegar** and a generous pinch of **sugar** and **salt**. Add **chilli** to pickling liquid. Add just enough **water** to cover chilli, then set aside.
- Finely chop **garlic**. Thinly slice **celery**. Thinly slice **carrot** into half-moons. Trim and halve **green beans**.
- In a medium bowl, combine **garlic, ginger paste, the soy sauce** and **honey**. Add **beef strips**, tossing to coat. Set aside.

4



## Serve up

- Drain pickled **chilli**.
- Divide rice between bowls.
- Top with Japanese-style beef and veggies.
- Serve with a spoonful of pickled **chilli** and a dollop of **garlic aioli**. Enjoy!

**TIP:** Some like it hot, but if you don't just hold back on the chilli!

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

