



Chinese-Style Beef & Broccoli Stir-Fry

with Rice & Crushed Peanuts

NEW

KID FRIENDLY

Grab your meal kit with this number

40



White Rice



Broccoli



Carrot



Zucchini



Pea Pods



Garlic Stir-Fry Sauce



Beef Mince



Asian BBQ Seasoning



Crushed Peanuts



Beef Mince



Pork Mince

Prep in: 15-25 mins
Ready in: 25-35 mins

We're pop, pop, popping with punchy flavours that raise this beef stir-fry to new heights. Indulge in the fragrant taste of our garlic stir-fry sauce, followed up with delicious veggies and rice. The final pop of flavour comes from a sprinkling of peanuts.

Pantry items

Olive Oil, Soy Sauce

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
olive oil*	refer to method	refer to method
water* (for the rice)	1¼ cups	2½ cups
white rice	1 medium packet	1 large packet
broccoli	1 head	2 heads
carrot	1	2
zucchini	1	2
pea pods	1 small packet	1 medium packet
garlic stir-fry sauce	1 medium packet	2 medium packets
soy sauce*	½ tsp	1 tsp
water* (for the sauce)	¼ cup	½ cup
beef mince	1 medium packet	2 medium packets OR 1 large packet
Asian BBQ seasoning	1 sachet	2 sachets
crushed peanuts	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3261kJ (779cal)	243kJ (58cal)
Protein (g)	49.6g	3.7g
Fat, total (g)	24g	1.8g
- saturated (g)	7.7g	0.6g
Carbohydrate (g)	87.6g	6.5g
- sugars (g)	21.1g	1.6g
Sodium (mg)	1536mg	114.4mg
Dietary Fibre (g)	28.9g	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 (for the rice)** and bring to the boil.
- Drain and rinse **white rice**.
- Add **rice** to pan, stir, cover with a lid and reduce heat to low.
- Cook for **10 minutes**, then remove the pan 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!

3



Cook the beef & bring it all together

- Return frying pan to high heat. Cook **beef mince** (no need for oil!), breaking up with a spoon, until just browned, **3-4 minutes**.
- Add **Asian BBQ seasoning** and cook until fragrant, **1 minute**.
- Return **cooked veggies** to pan and add **sauce mixture**, tossing, until combined, **1 minute**. Season with **pepper**.

2



Get prepped & cook the veggies

- Meanwhile, chop **broccoli** (including the stalk!) into small florets. Thinly slice **carrot** and **zucchini** into half-moons. Trim and roughly chop **pea pods**.
- In a small bowl, combine **garlic stir-fry sauce**, the **soy sauce** and **water (for the sauce)**.
- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **broccoli**, **carrot** and **zucchini**, tossing, until tender, **6-7 minutes** (cook in batches if your pan is getting too crowded). In the last **2-3 minutes** of cook time, add **pea pods** and cook, tossing, until tender. Transfer to a bowl.

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 Chinese-style beef and broccoli stir-fry.
- Spoon over any remaining sauce from pan. Sprinkle with **crushed peanuts** to serve. Enjoy!

CUSTOM OPTIONS



DOUBLE BEEF MINCE

Follow method above, cooking in batches if necessary.



SWAP TO PORK MINCE

Follow method above.

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

