



Sweet Lemon Chilli Beef

with Veggie Fried Rice & Spring Onion

FEEL GOOD TAKEAWAY

NEW

Grab your meal kit with this number

41



Basmati Rice



Garlic



Carrot



Green Beans



Spring Onion



Lemon



Sweetcorn



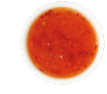
Sweet Soy Seasoning



Ginger Paste



Beef Strips



Sweet Chilli Sauce



Diced Bacon



Beef Strips

Prep in: 20-30 mins
Ready in: 30-40 mins

Protein Rich

Is there anything better than fried rice? This much-loved dish just had a make-over! We've got fried rice paired with super tasty sweet chilli and lemon beef, which is elevated with fresh veggies and a sprinkling of spring onion.

Pantry items

Olive Oil, Egg, Low Sodium 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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
basmati rice	1 medium packet	1 large packet
garlic	2 cloves	4 cloves
carrot	1	2
green beans	1 small packet	1 medium packet
spring onion	1 stem	2 stems
lemon	½	1
sweetcorn	1 medium tin	1 large tin
egg*	1	2
sweet soy seasoning	1 sachet	2 sachets
ginger paste	1 medium packet	1 large packet
low sodium soy sauce*	1 tbs	2 tbs
beef strips	1 medium packet	2 medium packets OR 1 large packet
sweet chilli sauce	1 small packet	1 medium packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2785kJ (666cal)	318kJ (76cal)
Protein (g)	40.4g	4.6g
Fat, total (g)	18.3g	2.1g
- saturated (g)	5g	0.6g
Carbohydrate (g)	80g	9.1g
- sugars (g)	15.7g	1.8g
Sodium (mg)	1096mg	125mg
Dietary Fibre (g)	13.3g	1.5g

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.



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.



Finish the fried rice

- Wipe out frying pan and return to high heat with a drizzle of **olive oil**. Cook **carrot, green beans** and **corn**, tossing, until tender, **4-5 minutes**.
- Reduce heat to medium, then add **sweet soy seasoning, garlic** and **ginger paste** and cook until fragrant, **1 minute**.
- Stir in **cooked basmati rice** and the **low sodium soy sauce**, until well combined, **1-2 minutes**.
- Remove pan from heat and add the **scrambled egg**, tossing to combine. Season with **pepper**. Divide between serving bowls and cover to keep warm.



Get prepped

- Meanwhile, finely chop **garlic** and **carrot**.
- Trim and roughly chop **green beans**.
- Thinly slice **spring onion**.
- Slice **lemon** into wedges.
- Drain **sweetcorn**.



Cook the beef strips

- Wash out frying pan and return to high heat with a drizzle of **olive oil**.
- When oil is hot, cook **beef strips** in batches, tossing, until browned and cooked through, **1-2 minutes**. Transfer to a plate.
- Return all **beef strips** to pan then add **sweet chilli sauce** and a generous squeeze of **lemon juice**, tossing to coat, **1 minute**. Season with **salt** and **pepper**.

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



Start the fried rice

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Crack the **egg** into the pan and scramble until cooked through, **1 minute**. Season with **salt** and **pepper**. Transfer to a plate.



Serve up

- Top veggie fried rice with sweet lemon chilli beef.
- Sprinkle with spring onion to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW36



CUSTOM OPTIONS

+ ADD DICED BACON

Cook with veggies, breaking up with a spoon, until browned, 4-5 minutes.

+ DOUBLE BEEF STRIPS

Follow method above, cooking in batches if necessary.

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

