



# Saucy Beef & Sesame Rice Balls

with Stir-Fried Veggies

KID'S KITCHEN

NEW

Grab your meal kit with this number

44



Jasmine Rice



Carrot



Zucchini



Garlic



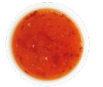
Beef Strips



Sweet Soy Seasoning



Oyster Sauce



Sweet Chilli Sauce



Baby Spinach Leaves



Mayonnaise



Everything Garnish



Chicken Thigh



Beef Strips

Prep in: 25-35 mins  
Ready in: 35-45 mins

It's all hands on deck, this recipe is designed to be cooked by grown-ups and kids together! Calling all junior chefs to the kitchen, to help mix, wrap and roll these mega tasty rice balls. While the kids are rolling away, whip up an equally tasty and easy saucy beef stir-fry on the stovetop.

### Pantry items

Olive Oil, Vinegar (White Wine or Rice Wine), 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 · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
<b>water*</b> (for the rice)	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
carrot	1	2
zucchini	1	2
garlic	2 cloves	4 cloves
beef strips	1 medium packet	2 medium packets OR 1 large packet
sweet soy seasoning	1 sachet	2 sachets
oyster sauce	1 medium packet	1 large packet
sweet chilli sauce	1 small packet	1 medium packet
<b>water*</b> (for the sauce)	¼ cup	½ cup
baby spinach leaves	1 small packet	1 medium packet
<b>vinegar*</b> (white wine or rice wine)	½ tbs	1 tbs
<b>sugar*</b>	1 tsp	2 tsp
mayonnaise	1 medium packet	1 large packet
everything garnish	1 sachet	2 sachets

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3276kJ (783cal)	342kJ (82cal)
Protein (g)	41.6g	4.3g
Fat, total (g)	28.4g	3g
- saturated (g)	6.6g	0.7g
Carbohydrate (g)	88.6g	9.2g
- sugars (g)	20g	2.1g
Sodium (mg)	2588mg	270.1mg
Dietary Fibre (g)	22.5g	2.3g

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



## Cook the rice

- Add the **water (for the rice)** to a medium saucepan and bring to the boil.
- Add **jasmine 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 all the water is absorbed, **10 minutes**.

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



## Make the beef stir-fry

- Return frying pan 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**.
- Reduce heat to medium. Return **veggies** and **beef** to the pan. Stir in **oyster sauce**, **sweet chilli sauce**, the **water (for the sauce)** and **baby spinach leaves**.
- Cook until heated through, **1-2 minutes**. Season with **pepper**. Transfer to serving bowls and cover to keep warm.

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



## Get prepped

- Meanwhile, cut **carrot** and **zucchini** into thin sticks.
- Finely chop **garlic**.
- In a medium bowl, combine **beef strips**, **sweet soy seasoning** and a drizzle of **olive oil**. Toss **beef** to coat.

**Little cooks:** Help toss the beef in the sweet soy seasoning!



## Make the sushi rice balls

- To pan with rice, stir in the **vinegar**, **sugar**, **mayonnaise** and **everything garnish**, until coated.
- Lay a piece of cling wrap on a clean surface and place a heaped spoonful of **rice mixture** in the centre.
- Gather the cling wrap up around the rice and twist tightly at the top to create a ball. Repeat to make remaining balls (3-4 per person).

**Little cooks:** Let's get rolling! Help shape the rice balls.



## Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- Cook **carrot** and **zucchini**, tossing, until tender, **4-5 minutes**.
- Reduce heat to medium, add **garlic** and cook until fragrant, **1 minute**.
- Transfer to a bowl, season with **salt** and **pepper** and set aside.



## Serve up

- Divide sesame rice balls, saucy beef and stir-fried veggies between bowls to serve. Enjoy!

**Little cooks:** Take charge by plating up the meal!

## CUSTOM OPTIONS



### SWAP TO CHICKEN THIGH

Cut into bite-sized pieces. Cook with veggies until cooked through, 4-6 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.

