



Soy Ginger Beef & Veggie Stir-Fry

with Spinach Rice & Coriander

NEW

KID FRIENDLY

Grab your meal kit with this number

39



Garlic Paste



Jasmine Rice



Capsicum



Carrot



Lime



Ginger Paste



Soy Sauce Mix



Japanese Style Dressing



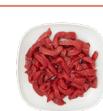
Beef Strips



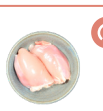
Baby Spinach Leaves



Coriander



Beef Strips



Chicken Thigh

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

Protein Rich

Elevate your next helping of stir-fry with sweet and zingy seared beef strips, tender veggies tossed in a delicate dressing and fluffy spinach-loaded rice. Why not add a scattering of coriander on top for some added colour and freshness to make your bowl full of flavour sing?!

Pantry items

Olive Oil, Butter, 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
olive oil*	refer to method	refer to method
butter*	20g	40g
garlic paste	1 packet	2 packets
water*	1 cup	2 cups
jasmine rice	1 medium packet	1 large packet
capsicum	1	2
carrot	1	2
lime	½	1
ginger paste	1 medium packet	1 large packet
soy sauce mix	1 packet	2 packets
honey*	½ tbs	1 tbs
Japanese style dressing	1 packet	2 packets
beef strips	1 medium packet	2 medium packets OR 1 large packet
baby spinach leaves	1 small packet	1 medium packet
coriander	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2868kJ (686cal)	360kJ (86cal)
Protein (g)	38.1g	4.8g
Fat, total (g)	24.8g	3.1g
- saturated (g)	10g	1.3g
Carbohydrate (g)	74g	9.3g
- sugars (g)	11.5g	1.4g
Sodium (mg)	975mg	122.5mg
Dietary Fibre (g)	22.6g	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 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 | CW42



Cook the rice

- In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat.
- Cook **garlic paste** until fragrant, **1-2 minutes**. Add the **water** and a generous pinch of **salt** and bring to the boil.
- Add **jasmine 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!



Cook the beef

- 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**.

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



Get prepped

- Meanwhile, roughly chop **capsicum**.
- Slice **carrot** into thin rounds.
- Cut **lime** in half.
- In a small bowl, combine **ginger paste**, **soy sauce mix**, the **honey** and a splash of **water**.



Make it saucy

- Reduce frying pan to medium heat. Return all **beef** to pan and stir in **sauce mixture** until bubbling, **1 minute**. Season to taste.



Cook the veggies

- When the rice has **10 minutes** remaining, in a large frying pan, heat a drizzle of **olive oil** over high heat.
- Cook **carrot** and **capsicum**, tossing, until tender, **4-6 minutes**.
- Add **Japanese style dressing** and toss to combine. Transfer to a bowl and cover to keep warm.



Serve up

- Stir **baby spinach leaves** through rice, until wilted.
- Divide spinach rice between bowls. Top with soy ginger beef and veggie stir-fry.
- Squeeze lime and tear over **coriander** to serve. Enjoy!

CUSTOM OPTIONS



DOUBLE BEEF STRIPS

Follow method above, cooking in batches if necessary.



SWAP TO CHICKEN THIGH

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

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

