



Sweet Chilli Ginger Beef Stir-Fry

with Quick-Prep Veggies & Rice

HELLOHERO

KID FRIENDLY

Grab your meal kit with this number

20



Basmati Rice



Sweetcorn



Zucchini



Broccoli & Carrot Mix



Garlic Paste



Beef Mince



Ginger Paste



Asian BBQ Seasoning



Oyster Sauce



Sweet Chilli Sauce



Sesame Seeds



Beef Mince



Beef Strips

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



Protein Rich

1 Eat Me First

Juicy beef mince and vibrant veggies are brimming with a delectable combo of zingy and BBQ flavours in this stellar stir-fry. Serve with fluffy basmati rice to soak up all the deliciousness!

Pantry items

Olive Oil

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
sweetcorn	1 medium tin	1 large tin
zucchini	1	2
broccoli & carrot mix	1 medium packet	1 large packet
garlic paste	1 packet	2 packets
beef mince	1 medium packet	2 medium packets OR 1 large packet
ginger paste	1 medium packet	1 large packet
Asian BBQ seasoning	1 sachet	2 sachets
oyster sauce	1 medium packet	1 large packet
sweet chilli sauce	1 small packet	1 medium packet
water*	¼ cup	½ cup
sesame seeds	1 medium sachet	1 large sachet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2989kJ (714cal)	296kJ (71cal)
Protein (g)	39.1g	3.9g
Fat, total (g)	20.5g	2g
- saturated (g)	6.7g	0.7g
Carbohydrate (g)	88.8g	8.8g
- sugars (g)	21.7g	2.1g
Sodium (mg)	2307mg	228.4mg
Dietary Fibre (g)	12.2g	1.2g

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.

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 beef

- Return frying pan to medium-high heat. Cook **beef mince** (no need for oil!), breaking up with a spoon, until just browned, **4-5 minutes**.
- Add **ginger paste** and **Asian BBQ seasoning**, then cook until fragrant, **1 minute**.
- Stir in **cooked veggies**, **oyster sauce**, **sweet chilli sauce** and the **water**, then simmer until bubbling and slightly reduced, **1-2 minutes**.

2



Cook the veggies

- Meanwhile, drain **sweetcorn**. Slice **zucchini** into half-moons.
- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **broccoli & carrot mix**, **corn** and **zucchini**, tossing until tender, **5-6 minutes**. Add **garlic paste**, then cook until fragrant, **1 minute**.
- Transfer to a bowl and season to taste with **salt** and **pepper**.

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 sweet chilli ginger beef and quick-prep veggie stir-fry.
- Sprinkle with **sesame seeds** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



CUSTOM OPTIONS



DOUBLE BEEF MINCE

Follow method above, cooking in batches if necessary.



SWAP TO BEEF STRIPS

Cook in batches, tossing, until browned and cooked through, 1-2 minutes.

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

