



Sweet Chilli Ginger Beef Stir-Fry

with Quick-Prep Veggies & Rice

HELLOHERO

KID FRIENDLY

Grab your meal kit with this number

20



White Rice



Sweetcorn



Broccoli & Carrot Mix



Baby Spinach Leaves



Garlic Paste



Beef Mince



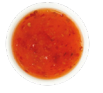
Ginger Paste



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

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
white rice	1 medium packet	1 large packet
water* (for the rice)	1¼ cup	2½ cups
sweetcorn	1 medium tin	1 large tin
broccoli & carrot mix	1 medium packet	1 large packet
baby spinach leaves	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 packet	1 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)	2922kJ (698cal)	348kJ (83cal)
Protein (g)	37g	4.4g
Fat, total (g)	20.4g	2.4g
- saturated (g)	6.8g	0.8g
Carbohydrate (g)	87.8g	10.5g
- sugars (g)	20.5g	2.4g
Sodium (mg)	2331mg	277.5mg
Dietary Fibre (g)	11.3g	1.3g

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 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 | CW46



1



Cook the rice

- In a medium saucepan, heat to medium heat. Rinse and drain **white rice**.
- Add **rice**, the **water** and a generous pinch of **salt**, stir, then bring to the boil. Reduce heat to low and cover with a lid.
- Cook for **10 minutes**, then remove from heat and keep covered until the **rice** is tender and the water is absorbed, **10 minutes**.

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

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**.

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.

2



Cook the veggies

- Meanwhile, drain **sweetcorn**.
- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **broccoli & carrot mix** and **corn**, tossing until tender, **5-6 minutes**. Add **baby spinach leaves** and **garlic paste**, then cook until fragrant and slightly wilted, **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 stir-fry.
- Sprinkle with **sesame seeds** to serve. Enjoy!

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

