



# Black Bean Pepper Beef & Brown Rice

with Garlic Veggies & Sesame Dressing

NEW

DIETITIAN APPROVED

Grab your Meal Kit with this symbol



Brown Rice



Carrot



Asian Greens



Capsicum



Garlic



Black Peppercorns



Sweet Black Bean Sauce



Beef Strips



Japanese Dressing

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



Sweet black bean sauce is our newest (and tastiest) ingredient that provides an explosion of flavours to tonight's beef strips. Combine this with black peppercorns and slather it on your protein and watch as the pillow of brown rice soaks up all of the flavours perfectly. And what is a beef and rice dish without veggies? We've added them in so you that you now have a nutritionally balanced meal.

### Pantry items

Olive Oil, Plain Flour

## Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

## You will need

Medium saucepan · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
brown rice	1 medium packet	1 large packet
carrot	1	2
Asian greens	1 bag	2 bags
capsicum	1	2
garlic	2 cloves	4 cloves
black peppercorns	½ medium sachet	1 medium sachet
beef strips	1 small packet	1 medium packet
<b>plain flour*</b>	2 tbs	¼ cup
sweet black bean sauce	1 medium packet	2 medium packets
Japanese dressing	1 packet	2 packets

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2564kJ (613Cal)	490kJ (117Cal)
Protein (g)	40.7g	7.8g
Fat, total (g)	16.1g	3.1g
- saturated (g)	4g	0.8g
Carbohydrate (g)	71.8g	13.7g
- sugars (g)	18.1g	3.5g
Sodium (mg)	591mg	113mg

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.



## Cook the brown rice

- Boil the kettle. Half-fill a medium saucepan with boiling water.
- Add **brown rice** and a pinch of **salt** and cook, uncovered, over high heat until tender, **25-30 minutes**.
- Drain and return to saucepan.



## Get prepped

- Meanwhile, thinly slice **carrot** into half-moons. Roughly chop **Asian greens** and **capsicum**. Finely chop **garlic**.
- Crush **black peppercorns** (see ingredients) with a pestle and mortar, or in their sachet using a rolling pin.



## Cook the veggies

- When brown rice has **10 minutes** remaining, in a large frying pan, heat a drizzle of **olive oil** over high heat.
- Cook **carrot** and **capsicum**, until tender, **4-6 minutes**.
- Add **Asian greens** and **garlic** and cook, until fragrant and slightly wilted, **1-2 minutes**.
- Transfer to a bowl and season.



## Cook the beef

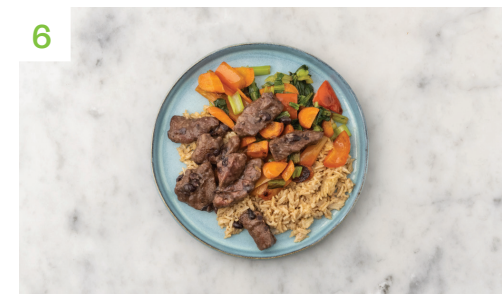
- In a medium bowl, combine **beef strips**, the **plain flour**, **crushed peppercorns** and a generous pinch of **salt**.
- Return frying pan to high heat with a drizzle of **olive oil**.
- When oil is hot, cook **beef strips**, in batches, tossing, until browned and cooked through, **1-2 minutes**.

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



## Make the stir-fry

- Remove from heat, then return all **beef** to pan and add **sweet black bean sauce**.
- Toss to combine and season.



## Serve up

- To brown rice, stir through **Japanese style dressing** until combined. Season.
- Divide brown rice between plates. Top with black bean pepper beef and garlic veggies. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

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