



# Char Siu Beef Stir-Fry

with Veggies & Garlic Rice

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Carrot



Capsicum



Green Beans



Lime



Char Siu Paste



Sesame Oil Blend



Beef Strips



Crispy Shallots

Prep in: **20-30 mins**  
Ready in: **25-35 mins**



**Naturally Gluten-Free**  
*Not suitable for coeliacs*

It's easy to make this Chinese-inspired dish when you have quick-cooking beef strips and the right stir-fry paste handy. Offering the perfect balance of sweet, salty and umami-rich flavours, the char siu paste works wonders with the zingy lime zest in the pan, while the fragrant rice makes the perfect accompaniment. Check out our tips for little cooks and get the kids involved!

### Pantry items

Olive Oil, Butter, Soy Sauce (or Gluten-Free Tamari Soy Sauce)

## 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 with a lid · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
butter*	20g	40g
jasmine rice	1 medium packet	1 large packet
water*	1¼ cups	2½ cups
carrot	1	2
capsicum	1	2
green beans	1 small bag	1 medium bag
lime	½	1
char siu paste	1 large packet	2 large packets
sesame oil blend	½ packet	1 packet
soy sauce* (or gluten-free tamari soy sauce)	1 tbs	2 tbs
beef strips	1 small packet	1 medium packet
crispy shallots	1 medium packet	2 medium packets

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3631kJ (867Cal)	622kJ (148Cal)
Protein (g)	41.7g	7.1g
Fat, total (g)	25.2g	4.3g
- saturated (g)	10.9g	1.9g
Carbohydrate (g)	111.6g	19.1g
- sugars (g)	42.3g	7.2g
Sodium (mg)	1234mg	211mg

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.

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## Cook the garlic rice

- Finely chop **garlic**.
- In a medium saucepan, melt the **butter** and a dash of **olive oil** over medium heat. Cook 1/2 the **garlic** until fragrant, **1-2 minutes**.
- Add **jasmine rice**, the **water** and a generous pinch of **salt**, then bring to the boil. Stir, cover with a lid and reduce heat to low.
- Cook for **12 minutes**, then remove from heat. Keep covered until rice is tender and the water is absorbed, **10-15 minutes** (the rice will finish cooking it its own steam, so don't peek!).

3



## Cook the beef & veggies

- In a large frying pan, heat a drizzle of **olive oil** over high heat. When oil is hot, cook **beef strips**, in batches, until browned and cooked through, **1-2 minutes**. Transfer to a plate.
- Wipe out frying pan, then return to medium-high heat with a drizzle of **olive oil**. Cook **carrot**, **capsicum** and **green beans**, tossing, until tender, **4-5 minutes**. Add **lime zest** and remaining **garlic**. Cook until fragrant, **1-2 minutes**.
- Stir in **char siu mixture**, then simmer until slightly thickened, **1-2 minutes**. Return **beef** to pan, tossing to coat.

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

2



## Get prepped

- While rice is cooking, thinly slice **carrot** into half-moons. Roughly chop **capsicum**.
- Trim and halve **green beans**. Zest **lime** to get a generous pinch, then cut into wedges.
- In a small bowl, combine **char siu paste**, **sesame oil blend** (see ingredients) and the **soy sauce**.

**Little cooks:** Take charge by mixing the ingredients for the sauce!

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## Serve up

- Divide garlic rice between bowls. Top with char siu beef stir-fry.
- Sprinkle with **crispy shallots**. Serve with lime wedges.

**Little cooks:** Add the finishing touch by sprinkling the crispy shallots on top!

## Enjoy!

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