



Easy Beef & Black Bean Stir-Fry

with Garlicky Veggies & Corn Rice

Grab your Meal Kit with this symbol



Sweetcorn



Garlic



Jasmine Rice



Carrot



Oyster Sauce



Sweet Black Bean Sauce



Cornflour



Mixed Sesame Seeds



Green Veg Mix



Beef Strips



Chicken Tenderloins

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

Eat Me Early*
*Custom Recipe only

This stir-fry doesn't fall short on flavour. Together the black bean sauce and oyster sauce create a delightful balance of sweet and savoury flavours, which the juicy beef and vibrant veggies happily soak up. The corn-studded rice completes the dish, giving you a burst of sweet, buttery flavour with each bite.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items
Olive Oil, Butter

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 lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweetcorn	1 tin (125g)	1 tin (420g)
garlic	3 cloves	6 cloves
butter*	20g	40g
water*	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
carrot	1	2
oyster sauce	1 packet (50g)	1 packet (100g)
sweet black bean sauce	1 packet	2 packets
cornflour	1 medium packet	1 large packet
mixed sesame seeds	1 medium sachet	1 large sachet
green veg mix	1 medium bag	1 large bag
beef strips	1 small packet	1 medium packet
chicken tenderloins**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3397kJ (812Cal)	568kJ (136Cal)
Protein (g)	45g	7.5g
Fat, total (g)	21.1g	3.5g
- saturated (g)	9.4g	1.6g
Carbohydrate (g)	104.2g	17.4g
- sugars (g)	18.7g	3.1g
Sodium (mg)	1766mg	295mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3327kJ (795Cal)	521kJ (125Cal)
Protein (g)	51.7g	8.1g
Fat, total (g)	16.1g	2.5g
- saturated (g)	7.1g	1.1g
Carbohydrate (g)	104.3g	16.3g
- sugars (g)	18.9g	3g
Sodium (mg)	1768mg	277mg

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

2022 | CW40



1



Cook the rice

- Drain **sweetcorn**. Finely chop **garlic**.
- In a medium saucepan, heat the **butter** with a drizzle of **olive oil** over medium-high heat. Cook **corn** and 1/2 the **garlic** until lightly browned and fragrant, **2-3 minutes**.
- Add the **water** and a generous pinch of **salt**, then bring to the boil. Add **jasmine rice**. 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 water is absorbed, **10-15 minutes**.

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

3



Cook the beef

- To the **cornflour mixture**, add **beef strips**, tossing to coat.
- Return frying pan to high heat with a drizzle of **olive oil**. When oil is hot, cook **beef**, tossing, in batches, until browned and cooked through, **1-2 minutes**. Remove from heat.
- Return all **beef** to the pan. Add cooked **veggies** and **sauce mixture**, tossing to combine.

Custom Recipe: If you've swapped to chicken tenderloins, add chicken to cornflour mixture, as above. Return frying pan to medium-high heat with a drizzle of olive oil. Cook chicken, in batches until browned and cooked through (no longer pink inside), 3-4 mins each side. Remove from heat. Return all chicken to the pan. Continue with the step.

2



Cook the veggies

- While the rice is cooking, cut **carrot** into thin sticks.
- In a small bowl, combine **oyster sauce** and **sweet black bean sauce**.
- In a medium bowl, combine **cornflour**, **mixed sesame seeds** (reserve a pinch for garnish!) and a generous pinch of **salt** and **pepper**.
- When the rice has **10 minutes** remaining, heat a large frying pan over medium-high heat with a drizzle of **olive oil**.
- Cook **green veg mix** and **carrot**, tossing, until tender, **4-5 minutes**. Add remaining **garlic** and cook until fragrant, **1 minute**. Transfer to a bowl.

4



Serve up

- Divide garlic-corn rice between bowls. Top with beef and black beef stir-fry.
- Sprinkle over remaining sesame seeds to serve. Enjoy!

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