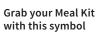


with Veggies & Garlic Rice

TAKEAWAY FAVES

KID FRIENDLY













**Brown Onion** 

Black Peppercorns





**Oyster Sauce** 

Cornflour



**Crushed Peanuts** 





Asian Stir Fry Mix

**Beef Strips** 

**Pantry items** 

Olive Oil, Butter, 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
refer to method	refer to method
3 cloves	6 cloves
20g	40g
1¼ cups	2½ cups
1 medium packet	1 large packet
1	2
1 medium sachet	1 large sachet
1 packet	2 packets
1 packet (50g)	1 packet (100g)
1 medium bag	1 large bag
1½ tbs	3 tbs
1 small packet	1 medium packet
1 medium packet	1 large packet
1 medium packet	1 large packet
	refer to method 3 cloves 20g 1½ cups 1 medium packet 1 1 medium sachet 1 packet 1 packet 1 packet 1 packet 1 smedium bag 1½ tbs 1 small packet 1 medium packet

<sup>\*</sup> Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3996kJ (955Cal)	718kJ (172Cal)
Protein (g)	45.7g	8.2g
Fat, total (g)	21.7g	3.9g
- saturated (g)	9.7g	1.7g
Carbohydrate (g)	136.2g	24.5g
- sugars (g)	41.4g	7.4g
Sodium (mg)	2626mg	472mg

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.



# Cook the garlic rice

- Finely chop garlic. In a medium saucepan, heat the butter with a dash of olive oil over medium heat.
- Cook 1/2 the garlic until fragrant, 1-2 minutes. Add the water and a
  generous pinch of salt and 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 and keep covered until rice is tender and all the water is absorbed, 10-15 minutes.

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



# Cook the stir-fru

- Heat a drizzle of olive oil in a large frying pan over high heat. Cook onion and Asian stir-fry mix, tossing, until tender, 4-6 minutes.
- Reduce heat to medium, add the soy sauce and remaining garlic and cook until fragrant, 1 minute. Transfer to a bowl.
- Meanwhile, in a medium bowl, combine beef strips, cornflour and peppercorns. Season with salt.
- Return frying pan to high heat with a drizzle of olive oil. When the oil is hot, cook beef strips, in batches, until browned and cooked through,
   1-2 minutes.
- Add sauce mixture and return veggies to pan, tossing to combine, 1 minute.



## Get prepped

- Meanwhile, thinly slice brown onion.
- Crush **black peppercorns** with a pestle and mortar, or in their sachet using a rolling pin.
- In a small bowl, combine **kecap manis**, **oyster sauce** and a splash of **water**.

Little cooks: Take charge by combining the sauces!



# Serve up

- Divide garlic rice, Chinese pepper beef stir-fry and veggies between bowls.
- Sprinkle over **crushed peanuts** to serve. Enjoy!

**Little cooks:** Add the finishing touch by sprinkling over the crushed peanuts!



Scan here if you have any questions or concerns **2022** | CW49

