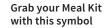


Easy Sesame Beef & Broccoli Stir-Fry with Garlic Rice & Crispy Shallots















Brown Onion







Carrot





Beef Strips

Oyster Sauce



Sesame Oil Blend



Crispy Shallots

Pantry items

Olive Oil, Butter, Brown Sugar, Rice Wine Vinegar, 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
water*	1 ¼ cups	2 ½ cups
jasmine rice	1 medium packet	1 large packet
brown onion	1	2
broccoli	1 head	2 heads
carrot	1	2
sesame seeds	1 medium packet	1 large packet
beef strips	1 small packet	1 medium packet
oyster sauce	1 packet (100g)	2 packets (200g)
sesame oil blend	1 packet	2 packets
brown sugar*	1 tsp	2 tsp
rice wine vinegar*	1 tsp	2 tsp
soy sauce*	1 tbs	2 tbs
crispy shallots	1 medium packet	1 large packet

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3692kJ (882Cal)	561kJ (134Cal)
Protein (g)	49.1g	7.5g
Fat, total (g)	35.1g	5.3g
- saturated (g)	12.2g	1.9g
Carbohydrate (g)	94.5g	14.4g
- sugars (g)	23.9g	3.6g
Sodium (mg)	2891mg	439mg

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 & get prepped

- · Finely chop garlic.
- In a medium saucepan, heat the butter with a drizzle 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.
- Keep covered until rice is tender and water is absorbed, **10-15 minutes**.
- Meanwhile, thinly slice brown onion. Chop broccoli (including the stalk!) into small florets. Thinly slice carrot into half-moons.

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



Bring it all together

- In a second small bowl, combine oyster sauce, sesame oil blend, the brown sugar, rice wine vinegar and soy sauce.
- Return frying pan to high heat with a drizzle of olive oil. Stir-fry brown onion, broccoli and carrot with a splash of water until tender, 5-7 minutes.
- Reduce heat to medium, then return beef to pan. Stir through sauce mixture and 1/2 the sesame seeds until warmed through, 1 minute.



Toast the seeds & cook the beef

- Heat a large frying pan over medium-high heat. Toast sesame seeds, tossing, until golden, 3-4 minutes. Transfer to a small bowl.
- 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. Reduce heat to low, then add remaining garlic and a pinch of pepper. Cook until fragrant, 1 minute. Transfer to a plate.

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



Serve up

- Divide garlic rice between bowls. Top with sesame beef and broccoli stir-fry.
- Sprinkle with **crispy shallots** and remaining sesame seeds to serve. Enjoy!



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