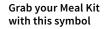
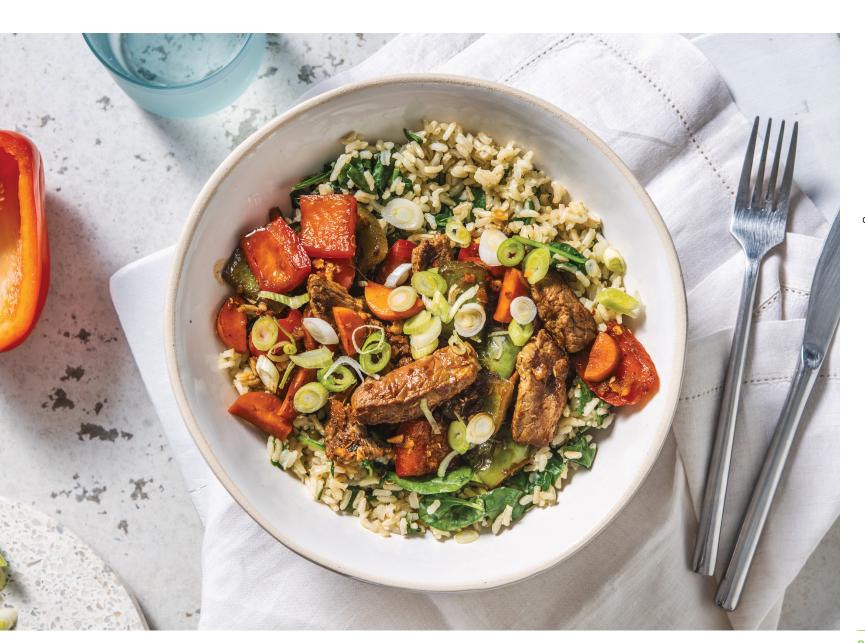


Beef & Oyster Sauce Stir-Fry with Garlic Brown Rice















Chicken Stock





Green Capsicum







Baby Spinach Leaves



Spring Onion



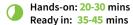
Beef Strips



Oyster Sauce



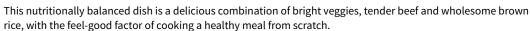
Chilli Flakes (Optional)



Calorie Smart



Spicy (optional chilli flakes)





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

 ${\sf Medium\ saucepan\cdot Large\ frying\ pan}$

Ingredients

in ign concerno			
	2 People	4 People	
olive oil*	refer to method	refer to method	
garlic	3 cloves	6 cloves	
brown rice	1 packet	2 packets	
water*	3 cups	6 cups	
chicken stock	1 cube	2 cubes	
red capsicum	1	2	
green capsicum	1	2	
carrot	1	2	
ginger	1 knob	2 knobs	
baby spinach leaves	1 bag (60g)	1 bag (120g)	
spring onion	2 stems	4 stems	
beef strips	1 packet	1 packet	
oyster sauce	1 sachet (50g)	1 sachet (100g)	
soy sauce*	1 tbs	2 tbs	
honey*	2 tsp	1 tbs	
chilli flakes (optional)	pinch	pinch	

^{*}Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2673kJ (638Cal)	411kJ (98Cal)
Protein (g)	47.3g	7.3g
Fat, total (g)	10.8g	1.7g
- saturated (g)	2.1g	0.3g
Carbohydrate (g)	80.2g	12.3g
- sugars (g)	24.6g	3.8g
Sodium (mg)	2187mg	337mg

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 brown rice

Finely chop the **garlic**. In a medium saucepan, heat a drizzle of **olive oil** over a medium heat. Add 1/2 the **garlic** and cook until fragrant, **1-2 minutes**. Add the **brown rice**, **water** and crumbled **chicken stock** (1 cube for 2 people / 2 cubes for 4 people) and bring to the boil. Simmer, uncovered, until the rice is soft, **25-30 minutes**. Drain and return to the saucepan.



Get prepped

While the rice is cooking, cut the **capsicums** into 2cm chunks. Thinly slice the **carrot** (unpeeled) into half-moons. Grate the **ginger** (unpeeled). Roughly chop the **baby spinach leaves**. Thinly slice the **spring onion**.



Cook the beef

Season the **beef strips** with **salt** and **pepper**. Heat a large frying pan over a high heat with a drizzle of **olive oil**. When the oil is hot, cook the **beef strips**, tossing, until browned, **1-2 minutes** (cook in batches if your pan is getting crowded). Transfer to a plate.

TIP: The beef will continue cooking in step 5.



Cook the veggies

Return the frying pan to a high heat with a drizzle of **olive oil** (if needed). Cook the **carrot** and **capsicums**, tossing, until lightly charred, **5-6 minutes**.

TIP: Add a dash of water to help speed up the cooking process.



Add the flavour

Reduce the heat to medium and return the **beef** to the pan. Add the **ginger** and remaining **garlic** and cook until fragrant, **1 minute**. Add the **oyster sauce**, **soy sauce**, **honey**, a pinch of **pepper** and a pinch of the **chilli flakes** (if using). Stir, until bubbling, **1 minute**.

TIP: Add a splash of water if the sauce looks too thick.



Serve up

Stir the baby spinach into the rice until slightly wilted. Divide the garlic brown rice between bowls and top with the beef and oyster sauce stir-fry. Garnish with the spring onion and add a pinch of **chilli flakes (**if using)

Enjoy!