



Beef & Oyster Sauce Stir-Fry

with Garlic Brown Rice

Grab your Meal Kit with this symbol



Garlic



Brown Rice



Chicken Stock



Red Capsicum



Green Capsicum



Carrot



Ginger



Baby Spinach Leaves



Spring Onion



Beef Strips



Oyster Sauce



Chilli Flakes (Optional)

Hands-on: 20-30 mins
Ready in: 35-45 mins

Spicy (optional chilli flakes)

Calorie Smart

This nutritionally balanced dish is a delicious combination of bright veggies, tender beef and wholesome brown rice, with the feel-good factor of cooking a healthy meal from scratch.

Pantry items

Olive Oil, Soy Sauce, Honey

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 · Large frying pan

Ingredients

	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.



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.



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**.



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.



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.



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!