



Hoisin Ginger Beef & Veggie Stir-Fry

with Rapid Rice & Crushed Peanuts

NEW

KID FRIENDLY



Grab your Meal Kit with this symbol



Basmati Rice



Carrot



Green Beans



Baby Spinach Leaves



Crushed Peanuts



Hoisin Sauce



Beef Strips



Ginger Paste

Prep in: **15-25** mins
Ready in: **20-30** mins

This is a real 'all-rounder' meal. You've got your meat and three veg, your rapid rice and a sprinkling of crushed peanuts. So simple and so quick!

Pantry items

Olive Oil, Butter, Brown Sugar, 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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
basmati rice	1 medium packet	1 large packet
butter*	20g	40g
hoisin sauce	1 packet	2 packets
brown sugar*	1 tsp	2 tsp
soy sauce*	½ tbs	1 tbs
carrot	1	2
green beans	1 small bag	1 medium bag
beef strips	1 small packet	1 medium packet
baby spinach leaves	1 small bag	1 medium bag
ginger paste	1 medium packet	1 large packet
crushed peanuts	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3069kJ (734Cal)	732kJ (175Cal)
Protein (g)	40.3g	9.6g
Fat, total (g)	22.9g	5.5g
- saturated (g)	9.7g	2.3g
Carbohydrate (g)	88g	21g
- sugars (g)	25.1g	6g
Sodium (mg)	988mg	236mg

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



Cook the rice

- Boil the kettle.
- Half-fill a medium saucepan with the boiling water. Add **basmati rice** and cook, uncovered, over high heat until tender, **12 minutes**.
- Drain **rice**, then return to saucepan. Stir through the **butter** until melted. Season to taste.



Cook the stir-fry

- In a large frying pan, heat a drizzle of **olive oil** over high heat. When oil is hot, cook **beef strips**, in batches, until browned and cooked through, **1-2 minutes**. Season, then transfer to a plate.
- Return frying pan to medium-high heat with a drizzle of **olive oil**. Stir-fry **carrot** and **green beans**, tossing, until tender, **4-5 minutes**.
- Add **baby spinach leaves** and **ginger paste** and cook until fragrant, **1 minute**.
- Return beef to pan, tossing to combine.

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



Get prepped

- While the rice is cooking, combine **hoisin sauce**, the **brown sugar**, the **soy sauce** and a dash of **water** in small bowl. Set aside.
- Thinly slice **carrot** into half-moons. Trim **green beans**.

Little cooks: Take charge by combining the sauces!



Serve up

- Divide rapid rice between bowls. Top with hoisin ginger beef and veggie stir-fry.
- Sprinkle with **crushed peanuts** to serve. Enjoy!

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

Rate your recipe

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