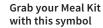
Quick Sweet Chilli Beef Stir-Fry with Veggies, Peanuts & Rice















Capsicum





Southeast Asian



Spice Blend





Oyster Sauce



Crushed Peanuts



Beef Strips

Pantry items Olive Oil

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



In this easy-peasy stir-fry, sweet chilli and oyster sauce provide the perfect ratio of sweet to savoury flavours, which the juicy beef strips and crisp veggies soak up like a treat. Scatter with crushed peanuts for some nuttiness, and extra crunch.

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
basmati rice	1 medium packet	1 large packet
carrot	1	2
capsicum	1	2
Asian greens	1 bag	2 bags
beef strips	1 small packet	1 medium packet
Southeast Asian spice blend	1 sachet	2 sachets
sweet chilli sauce	1 small packet	1 medium packet
oyster sauce	1 packet (50g)	1 packet (100g)
crushed peanuts	1 medium packet	1 large packet

Puntry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2717kJ (649Cal)	558kJ (133Cal)
Protein (g)	41.6g	8.6g
Fat, total (g)	13.3g	2.7g
- saturated (g)	3.9g	0.8g
Carbohydrate (g)	87.3g	17.9g
- sugars (g)	20.2g	4.2g
Sodium (mg)	1746mg	359mg

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 rice & get prepped

- · Boil the kettle.
- Half-fill a medium saucepan with the boiled water. Add basmati rice and a
 pinch of salt and cook, uncovered, over a high heat until tender, 12 minutes.
- Meanwhile, thinly slice carrot into rounds. Thinly slice capsicum into strips.
 Roughly chop Asian greens. Set aside.
- When the **rice** is ready, drain and return to saucepan. Cover to keep warm.



Cook the beef

- In a large frying pan, heat a drizzle of **olive oil** over a high heat.
- When oil is hot, cook beef strips, in batches, until browned and cooked through, 1-2 minutes. Transfer to a plate.
- Season **beef** with **salt** and **pepper**, then cover to keep warm.

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



Bring it all together

- Return frying pan to a medium-high heat with a drizzle of **olive oil**.
- Stir-fry carrot and capsicum until tender, 4-5 minutes.
- Add Asian greens and Southeast Asian spice blend. Continue to stir-fry, until greens are wilted, 1-2 minutes.
- Remove from heat. Add sweet chilli sauce, oyster sauce and a splash of water. Return beef (and any resting juices!) to the pan. Stir until combined and heated through.



Serve up

- · Divide rice between bowls.
- Top with sweet chilli beef stir-fry.
- Sprinkle with **crushed peanuts** to serve. Enjoy!

