



# Quick Sweet Chilli Beef Stir-Fry

with Veggies, Peanuts & Rice

Grab your Meal Kit with this symbol



Basmati Rice



Carrot



Capsicum



Asian Greens



Southeast Asian Spice Blend



Sweet Chilli Sauce



Oyster Sauce



Crushed Peanuts



Beef Strips

### Recipe Update

Farmers across Australia are still experiencing the impacts of the recent heavy rains. This is affecting our supply of fresh veggies and as such, you may notice some changes to your ingredients. Don't worry, your recipe will be just as delicious!

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

Calorie Smart

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.

### Pantry items

Olive Oil

## 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
<b>olive oil*</b>	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

\*Pantry 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](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## 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.

3



## 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.

2



## 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.

4



## Serve up

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

## We're here to help!

Scan here if you have any questions or concerns

2022 | CW25



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