

Quick Sesame Beef & Broccoli Stir-Fry

with Garlic Rice



Garlic



Jasmine Rice



Brown Onion



Broccoli



Carrot



Sesame Seeds



Beef Strips



Oyster Sauce



Sesame Oil Blend



Crispy Shallots



Beef Rump

Hands-on: **15-25 mins**
Ready in: **20-30 mins**

Start salivating, tonight's dinner is going to be great! Sesame imparts a rich, nutty flavour to the juicy beef strips, brought together with the perfect balance of soy and garlic, plus crisp and colourful veggies.



CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter, Brown Sugar, Rice Wine Vinegar, 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 with a lid · Large frying pan

Ingredients

| | 2 People | 4 People |
|--------------------|-----------------|------------------|
| olive oil* | refer to method | refer to method |
| garlic | 3 cloves | 6 cloves |
| butter* | 20g | 40g |
| jasmine rice | 1 medium packet | 1 large packet |
| water* | 1¼ cups | 2½ cups |
| salt* | ¼ tsp | ½ tsp |
| brown onion | 1 | 2 |
| broccoli | 1 head | 2 heads |
| carrot | 1 | 2 |
| sesame seeds | 1 medium packet | 1 large packet |
| beef strips | 1 small packet | 1 medium packet |
| oyster sauce | 1 packet (100g) | 2 packets (200g) |
| sesame oil blend | 1 packet | 2 packets |
| brown sugar* | 1 tsp | 2 tsp |
| rice wine vinegar* | 1 tsp | 2 tsp |
| soy sauce* | 1 tbs | 2 tbs |
| crispy shallots | 1 medium packet | 1 large packet |
| beef rump** | 1 small packet | 1 large packet |

*Pantry Items **Custom Recipe Ingredient

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 3584kJ (857Cal) | 544kJ (130Cal) |
| Protein (g) | 52.8g | 8g |
| Fat, total (g) | 26.9g | 4.1g |
| - saturated (g) | 8.3g | 1.3g |
| Carbohydrate (g) | 90.9g | 13.8g |
| - sugars (g) | 22.7g | 13.8g |
| Sodium (mg) | 3101mg | 471mg |

Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 3589kJ (858Cal) | 525kJ (125Cal) |
| Protein (g) | 49.4g | 7.2g |
| Fat, total (g) | 28.6g | 4.2g |
| - saturated (g) | 9g | 1.3g |
| Carbohydrate (g) | 90.9g | 13.3g |
| - sugars (g) | 22.7g | 13.3g |
| Sodium (mg) | 3128mg | 458mg |

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.

If you have any questions or concerns, please visit hellofresh.com.au/contact

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1 Cook the rice & get prepped

- Finely chop **garlic**. In a medium saucepan over a medium heat, melt **butter** with a dash of **olive oil**.
- Add 1/2 the **garlic** and cook until fragrant, **1-2 minutes**. Add **jasmine rice**, the **water** and the **salt**. Stir, then bring to the boil. Reduce heat to low and cover with a lid. Cook for **12 minutes**, then remove from heat. Keep covered until rice is tender and water is absorbed, **10-15 minutes**.
- Meanwhile, thinly slice **brown onion**. Cut **broccoli** into small florets and roughly chop the stalk. Thinly slice **carrot** into half-moons.

TIP: The rice will finish cooking in its own steam, so don't peek!



3 Bring it all together

- In a small bowl, combine **oyster sauce**, **sesame oil blend**, **brown sugar**, **rice wine vinegar** and **soy sauce**.
- Return frying pan to a high heat with a drizzle of **olive oil**. Stir-fry the prepped **veggies** with a splash of **water**, until tender, **5-7 minutes**.
- Reduce heat to medium, then return **beef** to the pan. Add **sauce mixture** and 1/2 the **sesame seeds**. Stir until heated through. Season with **pepper**.

CUSTOM RECIPE

Add the remaining garlic to the sauce mixture, then follow the step as above, excluding returning beef to the pan!



2 Toast the sesame seeds & cook the beef

- Heat a large frying pan over a medium-high heat. Toast **sesame seeds**, tossing, until golden, **3-4 minutes**. Transfer to a small bowl.
- Return frying pan to a high heat with a drizzle of **olive oil**. Once hot, cook **beef strips**, tossing, until browned and cooked through, **1-2 minutes** (cook in batches if your pan is getting crowded).
- Reduce heat to low, then add remaining **garlic** and a pinch of **pepper**. Cook until fragrant, **1 minute**. Transfer to a plate.

CUSTOM RECIPE

If you've upgraded to beef rump, prepare the pan as you would for the beef strips. Cook beef rump, 2-3 minutes each side for medium, or to your liking. Transfer to a plate to rest.



Serve up

- Divide garlic rice between bowls. Top with sesame beef and broccoli stir-fry.
- Serve sprinkled with the **crispy shallots** and remaining sesame seeds.

CUSTOM RECIPE

Season the beef rump with pepper. Slice, then serve as above.

Enjoy!