

# Sesame Beef & Wombok Stir-Fry

with Garlic Rice & Crispy Shallots

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Brown Onion



Carrot



Sesame Seeds



Beef Strips



Oyster Sauce



Sesame Oil Blend



Shredded Wombok



Crispy Shallots

### Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

 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 subtly sweet veggies.

### 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
water*	1 ¼ cups	2 ½ cups
jasmine rice	1 medium packet	1 large packet
brown onion	1	2
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
shredded wombok	1 medium bag	1 large bag
crispy shallots	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3715kJ (887Cal)	565kJ (135Cal)
Protein (g)	50.9g	7.7g
Fat, total (g)	33.6g	5.1g
- saturated (g)	11.5g	1.7g
Carbohydrate (g)	94.5g	14.4g
- sugars (g)	23.9g	3.6g
Sodium (mg)	2885mg	439mg

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://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 rice

- Finely chop **garlic**.
- In a medium saucepan, heat the **butter** with a dash of **olive oil** over a medium heat. Cook 1/2 the **garlic** until fragrant, **1-2 minutes**. Add the **water** and a generous pinch of **salt** and bring to the boil. Add **jasmine rice**. Stir, cover with a lid and reduce heat to low. 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**. Thinly slice **carrot** into half-moons.

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



## Bring it all together

- In a small bowl, combine **oyster sauce**, **sesame oil blend**, the **brown sugar**, **rice wine vinegar** and **soy sauce**.
- Return frying pan to a high heat with a drizzle of **olive oil**. Stir-fry the **onion** and **carrot** until softened, **3-4 minutes**. Add **shredded wombok** and cook until wilted, **1-2 minutes**.
- Reduce heat to medium, then return **beef** to pan. Stir through **sauce mixture** and 1/2 the **sesame seeds**, until warmed through, **1 minute**.



## Toast the 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**. When oil is hot, cook **beef strips**, in batches, tossing, until browned and cooked through, **1-2 minutes**.
- Reduce heat to low, return all **beef** to pan, then add remaining **garlic** and a pinch of **pepper**. Cook until fragrant, **1 minute**. Transfer to a plate.

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



## Serve up

- Divide garlic rice between bowls. Top with sesame beef and wombok stir-fry.
- Sprinkle with **crispy shallots** and remaining sesame seeds to serve.

## Enjoy!