



Sesame Beef & Broccoli Stir-Fry

with Garlic Rice & Crispy Shallots

CUSTOMER FAVOURITE

KID FRIENDLY



Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Brown Onion



Broccoli



Carrot



Sesame Seeds



Beef Strips



Oyster Sauce



Sesame Oil Blend



Crispy Shallots



Beef Strips

Prep in: 25-35 mins
Ready in: 25-35 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.

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

Pantry items

Olive Oil, Butter, Brown Sugar, Soy Sauce, Vinegar (White Wine or Rice Wine)

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

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*	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
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
soy sauce*	1 tbs	2 tbs
vinegar*		
(white wine or rice wine)	1 tbp	1 tbp
crispy shallots	1 medium packet	1 large packet
beef strips**	1 small packet	1 medium packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3642kJ (870Cal)	555kJ (132Cal)
Protein (g)	48.5g	7.4g
Fat, total (g)	35.4g	5.4g
- saturated (g)	12.4g	1.9g
Carbohydrate (g)	94.5g	14.4g
- sugars (g)	23.9g	3.6g
Sodium (mg)	2894mg	441mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4413kJ (1054Cal)	565kJ (135Cal)
Protein (g)	78.1g	10g
Fat, total (g)	42.6g	5.5g
- saturated (g)	15.4g	2g
Carbohydrate (g)	94.5g	12.1g
- sugars (g)	24g	3.1g
Sodium (mg)	2962mg	379mg

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



1



Cook the garlic rice & get prepped

- Finely chop **garlic**.
- In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat. Cook half 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**. Chop **broccoli** (including the stalk!) into small florets. 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**, the **brown sugar**, the **soy sauce** and the **vinegar**.
- Return frying pan to high heat with a drizzle of **olive oil**. Stir-fry the **veggies** with a splash of **water** until tender, **5-7 minutes**.
- Reduce heat to medium, then return **beef** to pan. Stir through **sauce mixture** and half the **toasted sesame seeds**, until warmed through, **1 minute**.

2



Toast the seeds & cook the beef

- Heat a large frying pan over medium-high heat. Toast **sesame seeds**, tossing, until golden, **3-4 minutes**. Transfer to a small bowl.
- Return frying pan to high heat with a drizzle of **olive oil**. When the oil is hot, cook **beef strips**, in batches, tossing, until browned and cooked through, **1-2 minutes**. Reduce heat to low, 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 high heat helps it stay tender.

Custom Recipe: If you've doubled your beef strips, cook in batches for best results. Return all beef to the pan, then reduce heat to low and continue as above.

4



Serve up

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

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