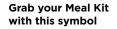
# Sichuan Garlic Beef Bowl

with Ginger Rice & Asian Greens















**Jasmine Rice** 





Carrot

Capsicum





Coriander

**Asian Greens** 



Lime



**Beef Mince** 



Sichuan Garlic Paste



Pantry items

Olive Oil, Butter, Soy Sauce, Eggs

# 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 too.

#### 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	2 cloves	4 cloves
ginger	1 knob	2 knobs
butter*	20g	40g
water*	1¼ cups	2½ cups
salt*	1/4 tsp	½ tsp
jasmine rice	1 packet	2 packets
red onion	1	2
capsicum	1	2
carrot	1	2
Asian greens	1 bunch	2 bunches
coriander	1 bag	1 bag
lime	1/2	1
beef mince	1 small packet	1 medium packet
Sichuan garlic	1 tub	2 tubs
paste	(80g)	(160g)
soy sauce*	1 tbs	2 tbs
eggs*	2	4

<sup>\*</sup>Pantry Items

#### Nutrition

	Per Serving	Per 100g
Energy (kJ)	3400kJ (813Cal)	<b>544kJ</b> (130Cal)
Protein (g)	44.1g	7.1g
Fat, total (g)	30.0g	4.8g
- saturated (g)	11.2g	1.8g
Carbohydrate (g)	87.5g	14.0g
- sugars (g)	21.7g	3.5g
Sodium (g)	1500mg	240mg

#### **Allergens**

Please visit HelloFresh.com.au/foodinfo for allergen information. If you have received a substitute ingredient, please be aware allergens may have changed. Always read product labels for the most up-to-date allergen information.



### 1. Cook the ginger rice

Finely chop the **garlic** (or use a garlic press). Finely grate the **ginger**. In a medium saucepan, melt the butter and a dash of olive oil over a medium heat. Add the garlic and ginger and cook until fragrant, 2 minutes. Add the water and the salt and bring to the boil. Add the jasmine rice, stir, cover with a lid and reduce the heat to low. Cook for 12 minutes, then remove the pan from the heat and keep covered until the rice is tender and all the water is absorbed, 10-15 minutes.

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



### 2. Get prepped

While the rice is cooking, thinly slice the red onion. Cut the capsicum into 2cm chunks. Thinly slice the carrot (unpeeled) into half-moons. Roughly chop the **Asian greens**. Roughly chop the **coriander**. Slice the lime (see ingredients list) into wedges.



## 3. Cook the veggies

In a large frying pan, heat a **drizzle** of **olive oil** over a medium-high heat. When the oil is hot, add the onion, capsicum and carrot and cook, stirring, until softened, 5-6 minutes. Add the Asian greens and a dash of water and stir through until wilted, 1 minute. Season with salt and pepper, then transfer to a medium bowl.



## 4. Cook the beef

Return the pan to a high heat with a drizzle of olive oil. When the oil is hot, add the beef mince and cook, breaking up with a spoon, until browned, **3-4 minutes**. Remove the pan from the heat. Return the **veggies** to the pan with the **beef** and stir through the Sichuan garlic paste and soy sauce. Transfer to a medium bowl.



# 5. Fry the eggs

Wipe out the pan and return to a medium-high heat with a drizzle of olive oil. Crack in the eggs and fry until the yolks are cooked to your liking, 4-5 minutes.

TIP: This will give a soft yolk, fry for 6-7 minutes to get a hard yolk.



# 6. Serve up

Divide the ginger rice between bowls and top with the Sichuan garlic beef, veggies and fried eggs. Sprinkle with the coriander and serve with the lime wedges.

**Enjoy!**