



Sichuan Garlic Beef Bowl

with Ginger Rice & Asian Greens

Grab your Meal Kit with this symbol 



Garlic



Ginger



Jasmine Rice



Red Onion



Capsicum



Carrot



Asian Greens



Coriander



Lime



Beef Mince



Sichuan Garlic Paste

 Hands-on: **30-40 mins**
Ready in: **35-45 mins**

Easy, nourishing and flavourful is the best way to describe this dish. The perfect antidote to a busy day, it's a simple mix of rice infused with ginger and garlic, stir-fried veggies, beef mince cooked with Sichuan garlic paste and a fried egg to top things off.

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*	¼ 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	½	1
beef mince	1 small packet	1 medium packet
Sichuan garlic paste	1 tub (80g)	2 tubs (160g)
soy sauce*	1 tbs	2 tbs
eggs*	2	4

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3400kJ (813Cal)	544kJ (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](https://www.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!



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.



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.



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!