

Sticky Beef Stir-Fry

with Pickled Cucumber & Peanuts

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Cucumber



Carrot



Ginger Paste



Shredded Cabbage Mix



Beef Strips




Mayonnaise



Roasted Peanuts

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: **25-35 mins**
 Ready in: **30-40 mins**
 Naturally Gluten-Free
Not suitable for coeliacs

With the perfect ratio of sweet, savoury and salty, the honey-soy combo is hard to beat - especially when slathered on juicy seared beef strips. Complete with our signature garlic rice to soak up all the saucy goodness, balance out the richness with quick pickled cucumber for an impressive dinner that's 10 times better than takeaway.

Pantry items

Olive Oil, Butter, Rice Wine Vinegar, Soy Sauce (or Gluten-Free Tamari Soy Sauce), Honey

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* (for the rice)	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
cucumber	1	2
rice wine vinegar*	¼ cup	½ cup
carrot	1	2
water* (for the sauce)	2 tbs	¼ cup
ginger paste	1 medium packet	1 large packet
soy sauce* (or gluten-free tamari soy sauce)	2 tbs	¼ cup
honey*	2 tbs	¼ cup
shredded cabbage mix	1 medium bag	1 large bag
beef strips	1 small packet	1 medium packet
mayonnaise	1 packet (40g)	1 packet (100g)
roasted peanuts	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3631kJ (867Cal)	651kJ (155Cal)
Protein (g)	46.8g	8.4g
Fat, total (g)	35.1g	6.3g
- saturated (g)	9.3g	1.7g
Carbohydrate (g)	85.3g	15.3g
- sugars (g)	21.2g	3.8g
Sodium (mg)	997mg	179mg

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

2022 | CW05



Cook the rice

Finely chop the **garlic**. In a medium saucepan, melt 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 (for the rice)** and a generous pinch of **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 from the heat. 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!



Cook the veggies & beef

When the rice has **10 minutes** remaining, heat a large frying pan over a high heat with a drizzle of **olive oil**. Stir-fry the **carrot** until tender, **3-4 minutes**. Add the **shredded cabbage mix** and cook until softened, **2-3 minutes**. Transfer to a bowl. Return the frying pan to a high heat with a drizzle of **olive oil**. When the oil is hot, cook the **beef strips** in batches, tossing, until browned and cooked through, **1-2 minutes**. Transfer to the bowl with the **veggies**.

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



Pickle the cucumber

While the rice is cooking, thinly slice the **cucumber** into rounds. In a medium bowl, combine the **rice wine vinegar** and a good pinch of **sugar** and **salt**. Add the **cucumber** to the **pickling liquid**. Add just enough **water** to cover the **cucumber**. Set aside.

TIP: Slicing the cucumber very thinly helps it pickle faster!



Make it saucy

Return the frying pan to a medium-high heat. Pour in the **honey-soy mixture** and cook, stirring, until slightly thickened, **1-2 minutes**. Remove the pan from the heat. Return the **veggies** and **beef strips** (plus any resting juices!) to the pan, tossing, until coated and heated through.



Get prepped

Slice the **carrot** into thin sticks. In a small bowl, combine the **water (for the sauce)**, **ginger paste**, **soy sauce**, **honey**, a pinch of **pepper** and the remaining **garlic**.



Serve up

Drain the pickled cucumber. Divide the garlic rice between bowls. Top with the sticky beef stir-fry and pickled cucumber. Spoon over any remaining sauce from the pan. Dollop over the **mayonnaise**. Sprinkle with the **roasted peanuts** to serve.

Enjoy!

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