



THAI BASIL BEEF & VEGETABLE STIR-FRY

with Jasmine Rice



Use Thai basil in a stir-fry



Beef Rump



Garlic



Brown Onion



Red Capsicum



Carrot



Thai Basil



Jasmine Rice

Pantry Staples



Olive Oil



Fish Sauce



Soy Sauce



Water



Sugar

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

Sharp, slightly aniseed Thai basil adds amazing flavour to this easy beef stir fry. If you've never cooked with its unique regional flavour before, get ready to knock your socks off!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, garlic crusher, medium bowl, medium saucepan with a lid, large frying pan** and a **wooden spoon**.



1 MARINATE THE BEEF

Finely slice the **beef rump** into thin strips. Peel and crush the **garlic**. Place the beef and the garlic in a medium bowl and add the **fish sauce, soy sauce, water (for the marinade - check the ingredients list for the amount)** and **sugar**. Toss to coat the beef strips and set aside to marinate.



2 GET PREPPED

While the beef is marinating, finely slice the **brown onion**. Finely slice the **red capsicum**. Slice the **carrot** (unpeeled) into 0.5 cm thin batons. **TIP:** *Keep the skin on the carrot to retain its nutrients.* Pick the **Thai basil** leaves. **TIP:** *Thai basil has a sharp, slightly aniseed flavour which is very different to regular basil.*



3 COOK THE RICE

Rinse the **Jasmine rice** well. Place the rice and the **water (for the rice - check the ingredients list for the amount)** in a medium saucepan and bring to the boil over a high heat. Reduce the heat to medium and simmer, uncovered, for **11-12 minutes**, or until the rice is soft. Drain and return to the saucepan. Cover with a lid to keep warm.



4 COOK THE BEEF

While the rice is cooking, heat a **drizzle of olive oil** in a large frying pan over a high heat. Once hot, add **1/3** of the marinated **beef strips** (reserve the excess marinade in the bowl) and cook for **1 minute**, or until browned. Set aside in a second medium bowl and repeat with the remaining beef strips. **TIP:** *Cooking the beef in batches stops it from stewing in the pan and ensures a tender result.*



5 COOK THE VEGGIES

Heat a **drizzle of olive oil** (if needed) in the same frying pan and add the **brown onion, red capsicum and carrot**. Cook for **4-5 minutes**, or until softened. Return the **beef strips** to the pan and pour over the **reserved marinade**. Add the **Thai basil** and stir for **30 seconds**, or until wilted.



6 SERVE UP

Divide the rice between bowls and top with the Thai basil beef stir-fry. Spoon over any remaining sauce from the pan.

Enjoy!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
beef rump	1 packet	1 packet
garlic	2 cloves	4 cloves
fish sauce*	1 ½ tbs	3 tbs
soy sauce*	1 ½ tbs	3 tbs
water* (for the marinade)	1 tbs	2 tbs
sugar*	1 tsp	2 tsp
brown onion	1	2
red capsicum	1	2
carrot	1	2
Thai basil	1 bunch	1 bunch
Jasmine rice	1 packet (¾ cup)	2 packets (1 ½ cups)
water* (for the rice)	3 cups	6 cups

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2350kJ (561Cal)	268kJ (64Cal)
Protein (g)	42.9g	4.9g
Fat, total (g)	8.1g	0.9g
- saturated (g)	3.2g	0.4g
Carbohydrate (g)	75.3g	8.6g
- sugars (g)	14.1g	1.6g
Sodium (g)	1700mg	193mg

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