



Soy-Glazed Steak with Asparagus Stir-Fry

plus Jasmine Rice & Scallion-Ginger Oil

35-45 Minutes · Calories: 920 · Protein: 34 g



Ingredients



Onion



Sesame Seeds



Asparagus



Sweet Thai Chili Sauce



Ranch Steak



Sweet Soy Glaze



Ginger



Scallions



Sesame Dressing



Jasmine Rice

Customizable Meal

If you chose to personalize your meal, refer to the separate **HelloCustom** card or scan here for instructions.



Hello

Sweet Soy Glaze

A lightly sweetened blend of soy sauce, vinegar, and nutty sesame oil

Before you start So A-Peeling

To peel ginger, break out your spoon! Using the spoon's tip, apply pressure in a downward motion, carving away the skin.

Cooking tools

small pot, paper towels, large pan, small bowl, plastic wrap

Pantry ingredients

kosher salt, black pepper, cooking oil

Nutrition

Nutrients	per serving
Calories:	920
Total Fat:	41g
Saturated Fat:	8g
Sodium:	1590mg
Total Carbohydrate:	99g
Dietary Fiber:	3g
Added Sugars:	22g
Protein:	34g

Allergens

sesame seeds (contains: sesame), sweet soy glaze (contains: sesame, soy, wheat), sesame dressing (contains: sesame, soy, wheat)

Cook for YOUR Crowd

Our recipes are customizable!

Double Protein/Veggies? Cook in batches or use a larger pan—it may take longer, so follow visual and temp cues.

Making 3 Servings? Lighten up on the seasoning and any other ingredients you like—this will keep the balance just right.

Making 6 Servings? Just triple the 2-serving recipe—easy!

For HelloCustom nutritional information, please refer to HelloFresh.com.



1 Prep

- Wash and dry produce.
- Peel and mince **ginger**. Trim and thinly slice **scallions**, separating whites from greens. Halve, peel, and thinly slice **onion**. Trim and discard woody bottom ends from **asparagus**; cut stalks crosswise into 1-inch pieces.



2 Cook Rice

- In a small pot, combine **rice**, **1¼ cups water (2¼ cups for 4 servings)**, and a **pinch of salt**. Bring to a boil, then cover and reduce heat to low. Cook until tender, 15-18 minutes. Keep covered off heat until ready to serve.



3 Cook Steak

- While rice cooks, pat **steak*** dry with paper towels; season all over with **salt** and **pepper**.
- Heat a **drizzle of oil** in a large pan over medium-high heat. Add steak and cook to desired doneness, 3-6 minutes per side.
- Turn off heat; transfer to a cutting board. Wipe out pan.



4 Make Scallion Oil

- In a small microwave-safe bowl, combine **ginger**, **scallion greens**, **2 TBSP oil (4 TBSP for 4 servings)**, and a **pinch of salt**. Cover bowl with plastic wrap. Microwave until fragrant, 30 seconds. Stir and set aside.



5 Cook Stir-Fry

- Heat a **large drizzle of oil** in pan used for steak over medium-high heat. Add **scallion whites**, **onion**, and **asparagus**. Cook, stirring occasionally, until softened and lightly browned, 5-7 minutes.
- Stir in **sweet soy glaze**, **sesame dressing**, **chili sauce**, and **¼ cup water (½ cup for 4 servings)**; cook, stirring, until sauce has thickened, 1-2 minutes. Season with **salt** and **pepper** to taste.



6 Finish & Serve

- Thinly slice **steak** against the grain.
- Divide **rice** and **asparagus stir-fry** between plates in separate sections; top stir-fry with steak. Drizzle any **remaining sauce** from pan over steak. Spoon as much **scallion-ginger oil** over rice as you like.
- Garnish with **sesame seeds** and serve.

*Beef is fully cooked when internal temperature reaches 145°.



Wash and dry fresh produce. Wash hands and surfaces after handling raw pork, meat, poultry, fish, shellfish, or eggs. Consuming raw or undercooked pork, meat, poultry, fish, shellfish, or eggs may increase your risk of foodborne illness. Go to hellofresh.com/about/faq for safe cooking guidelines.

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