



JUN
2016

Beef Sizzle Stir Fry

with Bok Choy, Bell Pepper, and Jasmine Rice

Stir-frying is one of the best techniques for getting dinner on the table in under 30 minutes. A sweet and savory marinade of ginger, garlic, and soy sauce is the secret ingredient. If you have the time, you can marinate the beef overnight for even more flavor.



Prep: 10 min
Total: 25 min



level 1



nut free



dairy free



Beef
Tenderloin Tips



Jasmine Rice



Soy Sauce



Ginger



Garlic



Red Bell
Pepper



Red Onion



Bok Choy

Ingredients

| | 2 People | 4 People |
|----------------------|-----------|----------|
| Beef Tenderloin Tips | 12 oz | 24 oz |
| Jasmine Rice | ½ Cup | 1 Cup |
| Soy Sauce | 1) 2) 2 T | 4 T |
| Ginger | 1 Thumb | 2 Thumbs |
| Garlic | 2 Cloves | 4 Cloves |
| Red Onion | 1 | 2 |
| Red Bell Pepper | 1 | 2 |
| Bok Choy | 2 | 4 |
| Sugar* | 1 T | 2 T |
| Oil* | 1 T | 2 T |

*Not Included

Allergens

- 1) Soy
- 2) Wheat

Tools

Small pot, Peeler, Bowl, Large pan

Ruler

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Nutrition per person Calories: 607 cal | Fat: 20 g | Sat. Fat: 6 g | Protein: 46 g | Carbs: 61 g | Sugar: 15 g | Sodium: 830 mg | Fiber: 5 g

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1 Cook the rice: Bring **1 cup salted water** to a boil in a small pot. Once boiling, add the **rice**, cover, and reduce to a low simmer for 15-20 minutes, until tender. Keep covered until the rest of the meal is ready.

2 Prep the ingredients: **Wash and dry all produce.** Meanwhile, halve, peel, and thinly slice the **red onion**. Core, seed, and thinly slice the **bell pepper**. Trim and quarter the **bok choy**, then separate the leaves. Mince or grate the **garlic**. Peel and mince the **ginger**.

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3 Marinate the beef: In a bowl, combine the **ginger, garlic, 2 Tablespoons soy sauce, 1 Tablespoon sugar**, and a drizzle of **oil**. Add the **beef tips** and toss to coat. Season with **salt and pepper**.

4 Cook the beef: Heat a drizzle of **oil** in a large pan over medium-high heat. Add the **beef mixture** to the pan and cook, tossing for 2-3 minutes, or until cooked to desired doneness. Remove from the pan and set aside.

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5 Cook the veggies: Heat another drizzle of **oil** in the same pan over medium-high heat. Add the **peppers and onions** and cook, tossing for 3-4 minutes, until just tender. Add the **bok choy** to the pan and cook, tossing for 2-3 minutes, until tender. **TIP:** Add a splash of water to the pan if the bok choy needs help softening. Season with **salt and pepper**.

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6 Finish and plate: Return the **beef** to the pan and toss to heat through. Serve the **beef sizzle stir-fry** on a bed of **jasmine rice** and dig in!

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