



More than Food

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Ginger Beef Stir-Fry

with Hoisin, Asparagus, and Basmati Rice

Tender beef and crisp asparagus are quickly stir-fried with warming ginger and served over fluffy basmati rice. Hoisin sauce adds a touch of sweetness and depth of flavour.

Prep: 30 min

level 1

dairy free

nut free



Flat Iron Steak



Basmati Rice



Asparagus



Green Onions



Garlic



Ginger



Sesame Seeds



Hoisin



Soy Sauce

Ingredients

	2 People	4 People
Flat Iron Steak	1	2
Basmati Rice	1 pkg	2 pkgs
Asparagus, chopped	1 pkg	2 pkgs
Green Onions	2	4
Garlic	2 cloves	4 cloves
Ginger	1 knob	2 knobs
Sesame Seeds	1) 1 pkg	2 pkgs
Hoisin	2) 3) 1 jar	1 jar
Soy Sauce	2) 2 pkgs	4 pkgs
Olive Oil*	1 tsp	2 tsp

*Not Included

Allergens

- 1) Sesame/Sésame
- 2) Soy/Soja
- 3) Wheat/Blé

Tools

Small Pot, Large Pan, Small Bowl

Ruler

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Nutrition per person Calories: 548 cal | Fat: 13 g | Sat. Fat: 4 g | Protein: 44 g | Carbs: 66 g | Sugar: 7 g | Sodium: 720 mg | Fiber: 3 g



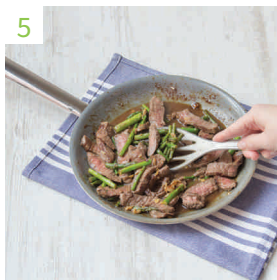
1 Prep: Wash and dry all produce. In a small pot, bring **1½ cups water** (or **3 cups** for 4 people) with a large pinch of salt to a boil. Remove the **steak** from the refrigerator. Mince or grate the **garlic**. Thinly slice the **green onions**. Peel and mince **1 tbsp ginger** (or **2 tbsp** for 4 people.) (**TIP:** Use a spoon to peel the ginger!)



2 Cook the rice: Add the **rice** to the boiling water, cover, and reduce to a low simmer for 15-20 minutes, until tender. Remove from the heat and keep covered until the rest of the meal is ready.



3 Sear the steak: Meanwhile, heat a drizzle of **oil** in a large pan over medium-high heat. Pat dry the **steak** with a paper towel. Season the steak on all sides with **salt** and **pepper**. Add the steak to the pan and cook for 2-3 minutes per side, until browned but not yet cooked through. Remove from the pan and set aside.



4 Make the sauce: In a small bowl, combine the **garlic, ginger, soy sauce, hoisin,** and **2 tbsp water** (or **4 tbsp** for 4 people.)

5 Cook the stir-fry: Add the **asparagus** and **scallions** to the same pan over medium heat, adding a drizzle of **oil** if necessary. Cook, tossing for 3-4 minutes, until crisp-tender. While the asparagus cooks, thinly slice the **steak** against the grain. Add the sliced steak to the pan with the **sauce** and cook, tossing for 3-4 minutes, until the steak is cooked through and the sauce has thickened. Season with **salt** and **pepper**.

6 Plate: Fluff the **rice** with a fork. Serve the **stir-fry** on a bed of **basmati rice** and sprinkle with the **sesame seeds**. Enjoy!