



AUG
2016

Sesame Beef Stir-Fry

with Sugar Snap Peas and Basmati Rice

Traditional beef stir-fry is great, but this garlic, ginger, and hoisin concoction is seriously mind-blowing. It's the perfect flavor and texture combination of tender meat, crispy veggies, and satisfying grains.



Prep: 10 min
Total: 30 min



level 1



nut free



dairy free



Beef Sirloin
Tips



Basmati
Rice



Sugar Snap
Peas



Hoisin
Sauce



Scallions



Soy
Sauce



Garlic



Ginger



White Sesame
Seeds

Ingredients

	2 People	4 People
Beef Sirloin Tips	12 oz	24 oz
Basmati Rice	¾ Cup	1½ Cups
Sugar Snap Peas	6 oz	12 oz
Hoisin Sauce	1) 2 T	4 T
Scallions	2	4
Soy Sauce	1)2) 1 T	2 T
Garlic	2 Cloves	4 Cloves
Ginger	1 Thumb	2 Thumbs
White Sesame Seeds	1 T	2 T
Oil*	2 t	4 t

*Not Included

Allergens

1) Soy

2) Wheat

Tools

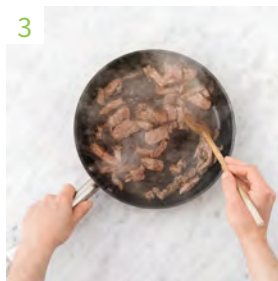
Small pot, Peeler, Large pan, Small bowl

Nutrition per person Calories: 675 cal | Fat: 20 g | Sat. Fat: 6 g | Protein: 48 g | Carbs: 76 g | Sugar: 11 g | Sodium: 650 mg | Fiber: 4 g



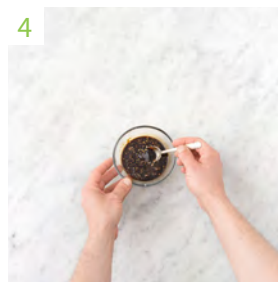
1

1 Prep the ingredients: Wash and dry all produce. In a small pot, bring **1½ cups salted water** to a boil. Trim the ends of the **snap peas**. Mince the **garlic**. Thinly slice the **scallions**. Peel and mince the **ginger**.



3

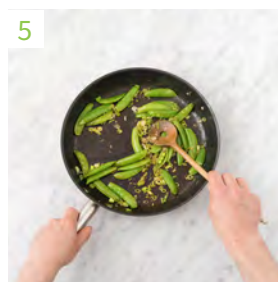
2 Cook the rice: Add the **rice** to the boiling water, cover, and reduce to a low simmer for about 20 minutes, until tender. Remove from the heat, but keep covered until the rest of the meal is ready.



4

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

4 Make the sauce: In a small bowl, combine the **garlic, ginger, 1 Tablespoon soy sauce, 2 Tablespoons hoisin sauce, and 2 Tablespoons water**.



5

5 Cook the stir-fry: Add the **snap peas** 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. Add the **sirloin tips** and **sauce** to the pan. Cook, tossing, for 2-3 minutes, until the sauce thickens and the steak is cooked to desired doneness. Season with **salt** and **pepper**.

6 Plate and serve: Fluff the **rice** with a fork. Serve the **sesame beef stir-fry** on a bed of **basmati rice**. Sprinkle with the **sesame seeds** and enjoy!

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