



# TERIYAKI BEEF & BROCCOLI STIR-FRY

with Garlic Rice



Add the Japanese flavour of teriyaki to a stir-fry



Garlic



Basmati Rice



Ginger



Beef Rump



Carrot



Sugar Snap Peas



Broccoli



Spring Onion



Teriyaki Sauce



Hands-on: 20 mins

Ready in: 25 mins

Make a simple stir-fry a little more special by serving with mouth-watering garlic rice! Plus, using our delicious teriyaki sauce means you get a big helping of flavour with minimal effort. Enjoy your tasty and colourful creation!

**Pantry Staples:** Olive Oil, Butter, Honey, Soy Sauce

# BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **medium saucepan** with a **lid**
- **large frying pan**



## 1 COOK THE GARLIC RICE

Finely chop the **garlic** (or use a garlic press). In a medium saucepan, melt the **butter** with a **dash** of **olive oil** over a medium heat. Add the garlic and cook until fragrant, **1-2 minutes**. Add the **basmati rice**, **water** and the **salt** and bring to the boil. Reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**. **TIP:** *The rice will finish cooking in its own steam so don't peek!*



## 2 FLAVOUR THE BEEF

While the rice is cooking, finely grate the **ginger**. In a medium bowl, combine the ginger, **honey** and **soy sauce**. Thinly slice the **beef rump**. Add the beef to the ginger mixture and toss to coat. Set aside.



## 3 PREP THE VEGGIES

Thinly slice the **carrot** (unpeeled) into half-moons. Trim and halve the **sugar snap peas**. Cut the **broccoli** into small florets and chop the stalk into small pieces. Thinly slice the **spring onion**.



## 4 COOK THE VEGGIES

In a large frying pan, heat a **drizzle** of **olive oil** over a medium-high heat. When the oil is hot, add the **carrot** and **broccoli** and cook, stirring, until tender, **4-5 minutes**. Add the **sugar snap peas** and cook, stirring, until just tender, **1-2 minutes**. **TIP:** *Add a splash of water to the pan to help the veggies cook faster!* Transfer to a medium bowl.



## 5 COOK THE BEEF

Return the frying pan to a high heat with a **drizzle** of **olive oil**. When the oil is hot, add **1/3** of the **beef** and cook, tossing, until browned and cooked through, **1-2 minutes**. Add to the bowl with the veggies and repeat with the remaining beef. **TIP:** *Cooking the meat in batches over a high heat keeps it tender.* Return the veggies and beef to the pan, add the **teriyaki sauce** and cook, stirring, until warmed through, **1 minute**.



## 6 SERVE UP

Divide the garlic rice between bowls and top with the teriyaki beef. Sprinkle the adults' portions with the spring onion.

# ENJOY!

# 4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
garlic	2 cloves
butter*	40g
basmati rice	2 packets
water*	3 cups
salt*	½ tsp
ginger	1 knob
honey*	2 tbs
soy sauce*	2½ tbs
beef rump	1 packet
carrot	1
sugar snap peas	1 bag (200g)
broccoli	1 head
spring onion	1 bunch
teriyaki sauce	2 sachets (260g)

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2570kJ (613Cal)	596kJ (142Cal)
Protein (g)	38.6g	9.0g
Fat, total (g)	8.7g	2.0g
- saturated (g)	2.9g	0.7g
Carbohydrate (g)	88.5g	20.6g
- sugars (g)	25.4g	5.9g
Sodium (g)	1630mg	380mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589  
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