



# SIZZLING BEEF STIR-FRY

with Bok Choy over Jasmine Rice



## HELLO BOK CHOY

The Asian green has both tender leaves and addictively crunchy stalks

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 610



Jasmine Rice



Red Bell Pepper



Garlic



Soy Sauce  
(Contains: Soy)



Red Onion



Baby Bok Choy



Ginger



Beef Sirloin Tips

## START STRONG

Getting started ahead of time? Let the steak marinate in the soy sauce mixture for up to 3 hours in the refrigerator, if you can—the meat will be all the more flavorful for it.

## BUST OUT

- Small pot
- Peeler
- Medium bowl
- Large pan
- Sugar (2 tsp | 4 tsp)
- Oil (1 TBSP | 2 TBSP)

## INGREDIENTS

Ingredient 2-person | 4-person

• Jasmine Rice	½ Cup   1 Cup
• Red Onion	1   1
• Red Bell Pepper	1   2
• Baby Bok Choy	2   4
• Garlic	2 Cloves   4 Cloves
• Ginger	1 Thumb   2 Thumbs
• Soy Sauce	2 TBSP   4 TBSP
• Beef Sirloin Tips	12 oz   24 oz

## HELLO WINE

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### 1 COOK RICE

Bring **1 cup water** to a boil in a small pot. Once boiling, add **rice**. Cover, reduce to a simmer, and cook until tender, 15-20 minutes. Remove from heat and keep covered until rest of meal is ready.



### 4 COOK BEEF

Heat a drizzle of **oil** in a large pan over medium-high heat. Add **beef** and toss until browned and cooked to desired doneness, 3-4 minutes. Remove from pan and set aside.



### 2 PREP

**Wash and dry all produce.** Halve, peel, and thinly slice **red onion**. Core, seed, and remove white ribs from **bell pepper**, then thinly slice. Trim bottom root ends from **bok choy** and discard. Cut head into quarters lengthwise, then separate into individual stalks. Mince or grate **garlic**. Peel, then mince **ginger**.



### 5 COOK VEGGIES

Heat another drizzle of **oil** in same pan over medium-high heat. Add **bell pepper** and **onion**. Cook, tossing, until just tender, 3-4 minutes. Add **bok choy** to pan and toss until tender, another 2-3 minutes. (**TIP:** If veggies won't soften, add a splash of water.) Season with **salt** and **pepper**.



### 3 MARINATE BEEF

In a medium bowl, combine **ginger**, **garlic**, **soy sauce**, **2 tsp sugar**, and a drizzle of **oil**. Add **beef** and toss to coat. Season with **salt** and **pepper**.



### 6 FINISH AND PLATE

Return **beef** to pan and toss to heat through. Divide **rice** between plates and top with **beef and veggie stir-fry**.

## SUCCESS!

Use ginger, garlic, and soy sauce as the base for any stir-fry.

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