



# Aromatic Soy Glazed Beef Strips

with chilli and scattered scallion

Calorie Smart 35-40 mins • Optional spice

16



Beef Strips



Rice



Garlic



Scallion



Soy Sauce



Onion



Chilli



Pak Choi



Ketjap Manis



Carrot



Honey

Pantry Items: Salt, Pepper, Water, Oil



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## Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

## Cooking tools you will need

Grater, pot with lid

## Ingredients

	2P	4P
Beef Strips	250 g	500 g
Rice	150 g	300 g
Garlic	2 units	4 units
Scallion	2 units	4 units
Soy Sauce	1 sachet	2 sachets
Onion	1 unit	2 units
Chilli	½ unit	1 unit
Pak Choi	1 unit	2 units
Ketjap Manis	2 sachets	4 sachets
Carrot	1 unit	2 units
Honey	1 sachet	2 sachets

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredients</b>	<b>447.8 g</b>	<b>100 g</b>
Energy (kJ/kcal)	2255.2 kJ/ 539 kcal	503.6 kJ/ 120.4 kcal
Fat (g)	1.4 g	0.3 g
Sat. Fat (g)	1.8 g	0.4 g
Carbohydrate (g)	86.8 g	19.4 g
Sugars (g)	20.3 g	4.5 g
Protein (g)	36.9 g	8.2 g
Salt (g)	3.1 g	0.7 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

## Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

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### Make the Rice

- Add 300ml cold **salted water** (double for 4p) to a medium pot with a tight-fitting lid.
- Stir in the **rice** and bring to the boil.
- Once boiling, lower the heat to medium, cover with the lid and cook for 10 mins.
- Once cooked, remove the pot from the heat.
- Keep covered for 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



### Get Prepped

- Meanwhile, halve, peel and chop the **onion** into small pieces.
- Peel and grate the **garlic** (or use a garlic press).
- Halve the **chilli** lengthways. Deseed and finely chop **half** (double for 4p).
- Trim the **pak choi**, then halve lengthways.
- Trim the **carrot** then halve lengthways (no need to peel). Chop widthways into ½ cm pieces.



### Sear the Beef Strips

- Place a large pan over high heat with a drizzle of **oil**.
- Once the pan is very hot, sear the **beef strips** until cooked through, shifting as they colour, 2-3 mins. **IMPORTANT:** Wash hands and equipment after handling raw meat and its packaging. Meat is safe to eat when the outside is browned.
- Once cooked, remove from the pan and set aside.



### Cook the Veg

- Return the pan to medium-high heat with a drizzle of **oil**.
- Add the **carrot, onion, garlic** and chopped **chilli** (use less if you don't like spice).
- Cook until softened, 4-5 mins.
- Add the **pak choi** and cook until wilted, 1-2 mins.



### Stir in the Sauce

- Add the **beef** to the pan along with the **ketjap manis** and **soy sauce**.
- Mix everything together and allow to warm through.
- Season to taste with **salt** and **pepper**.
- Remove the pan from the heat and stir the **honey** through the sauce.
- Trim the **scallion** and thinly slice.

**TIP:** Add a splash of water if the sauce is too dry.



### Finish and Serve

- Fluff up the **rice** with a fork and share between bowls.
- Top with the **beef strips** and saucy veg.
- Garnish with a sprinkling of sliced **scallion**.

**Enjoy!**