



Aromatic Soy Glazed Beef Strips with chilli and scattered scallion

35 – 40 mins • *Optional spice*

11



Beef Strips



Rice



Garlic



Scallion



Soy Sauce



Onion



Chilli



Pak Choi



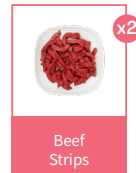
Ketjap Manis



Carrot



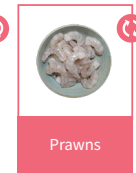
Honey



Beef Strips



Diced Chicken Breast



Prawns

Pantry Items: Salt, Pepper, Water, Oil



Rate your recipe!

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.

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

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 |
| Beef Strips | 500 g | 1000 g |
| Diced Chicken Breast | 260 g | 520 g |
| Prawns | 150 g | 300 g |

Nutrition

| for uncooked ingredient | Per 100g | Per 100g | Per 100g | Per 100g |
|-------------------------|------------------|------------------|------------------|------------------|
| Energy (kJ/kcal) | 504 kJ/ 120 kcal | 508 kJ/ 122 kcal | 507 kJ/ 121 kcal | 477 kJ/ 114 kcal |
| Fat (g) | 1.2 g | 1.6 g | 0.6 g | 0.5 g |
| Sat. Fat (g) | 0.4 g | 0.6 g | 0.1 g | 0.1 g |
| Carbohydrate (g) | 19.4 g | 15.4 g | 19.6 g | 22.4 g |
| Sugars (g) | 4.5 g | 3.6 g | 4.6 g | 5.2 g |
| Protein (g) | 8.2 g | 11.4 g | 9.4 g | 5.3 g |
| Salt (g) | 0.7 g | 0.6 g | 0.6 g | 1 g |

See site or app for detailed nutritional info.

Allergens

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

Contact

Share your creations with #HelloFreshIreland

Any questions? Contact our customer care team at [hellofresh.ie/about/faq](https://www.hellofresh.ie/about/faq)



You can recycle me!



Make the Rice

- Add 300ml cold **salted water** (per 2P) 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).



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.



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 a **chilli** (per 2P).
- Trim the **pak choi**, then halve lengthways.
- Trim the **carrot** then halve lengthways (no need to peel). Chop widthways into ½ cm pieces.



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.



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.



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!

CUSTOM OPTIONS



DICED IRISH CHICKEN BREAST

Swapping to chicken? Add to the hot pan and fry until browned, 5-6 mins, before adding the veg and cooking as instructed.



PRAWNS

Swapping to prawns? Add them to the hot pan and fry until cooked through, 4-5 mins. Remove once cooked and stir back into the sauce before serving.