



SEP  
2016

## Beef Sizzle Stir Fry

with Bok Choy, Bell Pepper, and Jasmine Rice

Stir-frying is one of the best techniques for getting dinner on the table in under 30 minutes. A sweet and savoury marinade of ginger, garlic, and soy sauce is the secret ingredient. If you have the time, you can marinate the beef overnight for even more flavour.



Prep:  
25 min



level 1



dairy free



Beef  
Tenderloin Tips



Jasmine Rice



Stir-Fry Sauce



Ginger



Garlic



Red Bell  
Pepper



Red Onion



Bok Choy

## Ingredients

	2 People	4 People
Beef Tenderloin Tips	1 pkg (340 g)	2 pkg (680 g)
Jasmine Rice	1 pkg (¾ cup)	2 pkg (1½ cup)
Stir-Fry Sauce	1) 2) 3)	2 pkg (4 tbsp)
Ginger	1 knob (30 g)	2 knobs (60 g)
Garlic	2 cloves	4 cloves
Red Onion, thinly sliced	1 pkg (56 g)	2 pkg (113 g)
Red Bell Peppers, thinly sliced	1 pkg (185 g)	2 pkg (370 g)
Shanghai Bok Choy	2	4
Sugar*	1 tbsp	2 tbsp
Olive or Canola Oil*		

\*Not Included

## Allergens

- 1) Soy/Soja
- 2) Wheat/Blé
- 3) Shellfish/Fruits de mer

## Tools

Measuring Cups, Small Pot, Medium Bowl, Measuring Spoons, Large Pan or Wok

**Nutrition per person** Calories: 607 cal | Fat: 20 g | Sat. Fat: 6 g | Protein: 46 g | Carbs: 61 g | Sugar: 15 g | Sodium: 830 mg | Fiber: 5 g

*Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

Ruler

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1



**1 Prep:** Bring **1½ cups salted water** (double for 4 people) to a boil in a small pot. **Wash and dry all produce.** Trim and quarter the **bok choy**, then separate the leaves. Mince or grate the **garlic**. Peel, then mince or grate **1 tbsp ginger** (double for 4 people.)

4



**2 Cook the rice:** Rinse and drain the **rice** in cold water, then add it to the **boiling water**. Reduce the heat to medium-low. Simmer, covered, until the **rice** is tender and the water has been absorbed, 10-12 min.

**3 Marinate the beef:** Meanwhile, in a medium bowl, combine the **ginger, garlic, stir-fry sauce** and **sugar**. Add the **beef tips** and toss to coat.

5



**4 Cook the beef:** Heat a large pan (or wok, if you have one!) over medium-high heat. Add a drizzle of **oil**, then the **beef mixture**. Cook, tossing often, for 2-3 min. Remove from the pan and set aside on a plate.

**5 Cook the veggies:** Heat another drizzle of **oil** in the same pan over medium-high heat. Add the **peppers** and **onions** and cook, tossing for 3-4 min, until just tender. Add the **bok choy** to the pan and cook, tossing for 2-3 min, until tender. (**TIP:** Add a splash of water if the bok choy needs help softening.) Season with **salt** and **pepper**.

6



**6 Finish and serve:** Return the **beef** to the pan and toss to heat through. Serve the **beef sizzle stir-fry** on a bed of **rice**! Enjoy!

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