



Korean Style Gochujang Beef Fried Rice with Green Beans and Peanuts

13

Rapid 20 Minutes • Mild Spice • 1 of your 5 a day



Green Beans



Basmati Rice



Beef Mince



Salted Peanuts



Garlic Clove



Gochujang Paste



Honey



Soy Sauce

Pantry Items

Oil, Salt, Pepper, Butter

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep. Ingredients in **red** are hot!

Cooking tools

Kettle, saucepan, frying pan, rolling pin, garlic press and sieve.

Ingredients

Ingredients	2P	3P	4P
Green Beans**	150g	200g	300g
Basmati Rice	150g	225g	300g
Beef Mince**	240g	360g	480g
Salted Peanuts 1)	25g	40g	40g
Garlic Clove**	2	3	4
Gochujang Paste 11)	80g	130g	160g
Honey	15g	23g	30g
Soy Sauce 11) 13)	25ml	40ml	50ml
Pantry	2P	3P	4P
Water for the Sauce*	50ml	75ml	100ml
Butter*	20g	30g	40g

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	3371 /806	937 /224
Fat (g)	35.9	10.0
Sat. Fat (g)	15.1	4.2
Carbohydrate (g)	85.9	23.9
Sugars (g)	18.5	5.1
Protein (g)	40.8	11.3
Salt (g)	5.43	1.51

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

1) Peanut **11)** Soya **13)** Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Cook the Rice

- Boil a half-full kettle.
- While it comes to the boil, trim the **green beans**, then cut into thirds.
- Pour the **boiled water** into a large saucepan with $\frac{1}{4}$ **tsp salt** on high heat.
- Add the **rice** and cook for 5-6 mins. You'll finish cooking it in step 3 with the **green beans**.



Bring on the Flavour

- When the **mince** has browned, drain and discard any excess fat. Season with **salt** and **pepper**.
IMPORTANT: *The mince is cooked when no longer pink in the middle.*
- Stir through the **garlic** and **gochujang paste** (add less if you'd prefer things milder). Fry for 1 min.
- Stir in the **honey**, **soy sauce** and **water for the sauce** (see pantry for amount). **TIP:** *If your honey has hardened, pop it in a bowl of hot water for 1 min.*
- Lower the heat and simmer until slightly reduced, 2-3 mins, then stir in the **butter** (see pantry for amount) until melted.



Fry the Mince

- Meanwhile, heat a large frying pan on medium-high heat (no oil).
- Once hot, fry the **beef mince** until browned, 5-6 mins. Use a spoon to break it up as it cooks.
IMPORTANT: *Wash your hands and equipment after handling raw mince.*
- While the **mince** fries, crush the **peanuts** in the unopened sachet using a rolling pin.
- Peel and grate the **garlic** (or use a garlic press).



All Together Now

- Add the **cooked rice** and **green beans** to the **beef** frying pan.
- Mix together well so the **rice** is nicely coated in the **sauce**.
- Season with **salt** and **pepper**, then remove from the heat.



Add the Beans

- Once the **rice** has cooked for 5-6 mins, add the **green beans** to same pan and cook for 5-6 mins more.
- Once both the **rice** and **beans** are cooked, drain in a sieve.
- Pop the sieve on top of the pan and allow to steam until ready to use.



Serve Up

- Share the **gochjuang beef fried rice** between your serving bowls.
- Scatter over the **peanuts** to finish.

Enjoy!