



Thai Style Beef Bowl

with Peppers, Mangetout and Zesty Rice

Family 25-30 Minutes • Medium Spice • 1 of your 5 a day

2



Bell Pepper



Beef Mince



Jasmine Rice



Thai Style
Spice Blend



Mangetout



Lime



Ketjap Manis



Rice Vinegar

Pantry Items
Oil, Salt, Pepper

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

Frying pan, saucepan, lid and fine grater.

Ingredients

Ingredients	2P	3P	4P
Bell Pepper***	1	2	2
Beef Mince**	240g	360g	480g
Jasmine Rice	150g	225g	300g
Thai Style Spice Blend 3)	1 sachet	1 sachet	2 sachets
Mangetout**	80g	150g	150g
Lime**	½	¾	1
Ketjap Manis 11)	50g	75g	100g
Rice Vinegar	15ml	22ml	30ml

Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Water for the Beef*	75ml	120ml	150ml

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2714 /649	768 /184
Fat (g)	20.3	5.7
Sat. Fat (g)	8.5	2.4
Carbohydrate (g)	85.1	24.1
Sugars (g)	18.9	5.4
Protein (g)	34.8	9.8
Salt (g)	1.97	0.56

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

Allergens

3) Sesame 11) Soya

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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60 Worship St, London EC2A 2EZ

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Get Prepped

Halve the **bell pepper** and discard the core and seeds. Slice into thin strips.



Add the Spice and Veg

Once the **mince** is browned, drain and discard any excess fat. Lower the heat, then add the **sliced pepper** to the pan. Cook until softened, 6-8 mins, stirring occasionally.

Stir in the **Thai style spice blend** (careful, it's hot - add less if you'd prefer things milder), then add the **water for the beef** (see pantry for amount) and **mangetout**.

Simmer until the liquid has reduced by half and the **mangetout** are tender, 4-5 mins. **IMPORTANT:** *The mince is cooked when no longer pink in the middle.*



Fry the Mince

Heat a large frying pan on medium-high heat (no oil).

Once hot, add the **beef mince** and fry until browned, 4-5 mins. Use a spoon to break it up as it cooks. **IMPORTANT:** *Wash your hands and equipment after handling raw mince.*



Combine and Stir

While everything cooks, zest and halve the **lime** (see ingredients for amount).

When the **beef** is ready, stir through the **ketjap manis** and **rice vinegar**. Simmer the **sauce** until slightly thickened, 2-3 mins.

Squeeze in **half** the **lime juice**. Taste and add **salt** and **pepper** if needed.

Fluff up the **rice** with a fork and stir through the **lime zest**.



Rice Time

While the **beef** cooks, pour the **water for the rice** (see pantry for amount) into a medium saucepan with a tight-fitting lid.

Stir in the **rice** and **¼ tsp salt** and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



Serve

Share the **zesty rice** between your bowls and top with the **beef stir-fry**.

Cut the remaining **lime** into **wedges** and serve alongside for squeezing over.

Enjoy!