

# Hunan Style Cumin Beef Stir-Fry

with Basmati Rice and Sesame Seeds



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







Basmati Rice







Bell Pepper



**Beef Mince** 



Green Beans

**Ground Cumin** 



Ginger Puree





Rice Vinegar



**Roasted White** Sesame Seeds

Red Pepper Chilli Jelly

### 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

### Cooking tools

Kettle, saucepan, sieve, lid, garlic press and frying pan.

### Ingredients

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Ingredients	2P	3P	4P	
Basmati Rice	150g	225g	300g	
Garlic Clove**	2	3	4	
Bell Pepper***	1	11/2	2	
Green Beans**	80g	80g	150g	
Beef Mince**	240g	360g	480g	
Ground Cumin	1 sachet	1 sachet	2 sachets	
Ginger Puree	15g	22g	30g	
Soy Sauce <b>11) 13)</b>	15ml	25ml	30ml	
Rice Vinegar	15ml	22ml	30ml	
Red Pepper Chilli Jelly	50g	75g	100g	
Roasted White Sesame Seeds 3)	5g	7g	10g	
Pantry	2P	3P	4P	
Waterforthe Sauce*	100ml	150ml	200ml	
Honey*	½ tbsp	¾ tbsp	1 tbsp	
Butter*	20g	30g	40g	
*Not Included **Store in the Fridge ***Based on season,				

### **Nutrition**

Typical Values	Per serving	Per 100g
for uncooked ingredient	422g	100g
Energy (kJ/kcal)	3112 /744	738/176
Fat (g)	30.5	7.2
Sat. Fat (g)	14.0	3.3
Carbohydrate (g)	83.6	19.8
Sugars (g)	20.5	4.9
Protein (g)	36.4	8.6
Salt (g)	2.42	0.57

the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

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

### Allergens

3) Sesame 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.

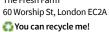
### Contact

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### Cook the Rice

- a) Boil a half-full kettle.
- b) Pour the boiled water into a large saucepan with 1/4 tsp salt on high heat. Add the rice and cook for 10-12 mins.
- c) Once cooked, drain in a sieve and pop back in the pan. Cover with a lid and leave to the side until ready to serve.



## **Get Prepped**

- a) While the rice cooks, peel and grate the garlic (or use a garlic press).
- b) Halve the bell pepper and discard the core and seeds. Slice into thin strips.
- c) Trim the green beans, then cut into thirds.



# Fry the Beef and Veg

- a) Heat a drizzle of oil in a large frying pan on medium-high heat.
- b) Once hot, add the beef mince, sliced pepper and **green beans**. Stir-fry until the **mince** has browned and veg has softened slightly, 5-6 mins.
- c) Use a spoon to break up the mince as it cooks, then drain and discard any excess fat.
- d) Season with salt and pepper. IMPORTANT: Wash your hands and equipment after handling raw mince. It's cooked when no longer pink in the middle.



### **Build the Flavour**

- a) Once cooked, add the garlic, ground cumin and ginger puree to the beef mince.
- b) Fry until fragrant, 1 min.



## Sauce Things Up

- a) Pour the soy sauce, rice vinegar, red pepper chilli jelly and water for the sauce (see pantry for amount) into the beef.
- **b)** Stir to combine, then cook until reduced, 3-4 mins.
- c) Once reduced, mix in the honey and butter (see pantry for both amounts).



### Finish and Serve

- a) When everything's ready, share the rice between vour bowls.
- b) Top with your Hunan style beef stir-fry.
- c) Finish with a sprinkling of roasted sesame seeds over the top.

## Enjoy!