

Indonesian Beef Stir-Fry

with Jasmine Rice

Super Quick 15 Minutes • Mild Spice











Jasmine Rice









Ketjap Manis





Honey



Rice Vinegar

Soy Sauce

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, frying pan and saucepan.

Ingredients

Ingredients	2P	3P	4P
Beef Mince**	240g	360g	480g
Sugar Snap Peas**	150g	230g	300g
Jasmine Rice	150g	225g	300g
Indonesian Style Spice Mix	1 sachet	1½ sachets	2 sachets
Ketjap Manis 11)	50g	75g	100g
Rice Vinegar	15ml	22ml	30ml
Honey	15g	22g	30g
Soy Sauce 11) 13)	15ml	25ml	30ml
Pantry	2P	3P	4P
Water for the Sauce*	50ml	75ml	100ml

*Not Included **Store in the Fridge

Nutrition

Per serving	Per 100g
347g	100g
2798 /669	807 / 193
20.4	5.9
8.5	2.4
88.8	25.6
23.3	6.7
36.3	10.5
3.40	0.98
	347g 2798 /669 20.4 8.5 88.8 23.3 36.3

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

Allergens

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.

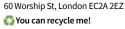
Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Get Started

- · Boil a half-full kettle.
- While it boils, heat a drizzle of **oil** in a frying pan on high heat.
- Once hot, fry the beef mince and sugar snap peas, 5-6 mins.
- Break up the **mince** as it cooks, then drain the fat. Season with **salt** and **pepper**. **IMPORTANT**: Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.



Rice On

- Meanwhile, pour the boiled water into a saucepan with ¼ tsp salt on high heat.
- Add the rice and cook for 12-13 mins.



Flavour Time

- Next, stir the Indonesian style spice mix, ketjap, rice vinegar, honey, soy and water for the sauce (see pantry) into the mince. TIP: If your honey has hardened, pop it in a bowl of hot water for 1 min.
- Simmer, 3-4 mins.
- Add a splash of water to the beef if needed. Taste and season with salt and pepper.
- Remove from the heat.



Dinner's Ready!

- Drain the **rice** and pop back in the pan.
- Share the rice and stir-fry between your bowls.

Enjoy!