



Indonesian Beef Stir-Fry with Jasmine Rice

Super Quick 15 Minutes • Mild Spice

8



Beef Mince



Sugar Snap Peas



Jasmine Rice



Indonesian Style Spice Mix



Ketjap Manis



Rice Vinegar



Honey



Soy Sauce

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

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

| Typical Values for uncooked ingredient | Per serving | Per 100g |
|----------------------------------------|-------------|----------|
| Energy (kJ/kcal) | 2798 /669 | 807 /193 |
| Fat (g) | 20.4 | 5.9 |
| Sat. Fat (g) | 8.5 | 2.4 |
| Carbohydrate (g) | 88.8 | 25.6 |
| Sugars (g) | 23.3 | 6.7 |
| Protein (g) | 36.3 | 10.5 |
| Salt (g) | 3.40 | 0.98 |

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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1



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.

3



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.

2



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.

4



Dinner's Ready!

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

Enjoy!