



Korean Style Gochujang Beef Fried Rice with Pak Choi and Peanuts

Quick 20-25 Minutes • Mild Spice

15



Basmati Rice



Beef Mince



Pak Choi



Salted Peanuts



Garlic Clove



Gochujang Paste



Teriyaki Sauce



Soy Sauce

Pantry Items

Oil, Salt, Pepper, Butter, Mayonnaise

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

Ingredients

| Ingredients | 2P | 3P | 4P |
|----------------------------|------|------|------|
| Basmati Rice | 150g | 225g | 300g |
| Beef Mince** | 240g | 360g | 480g |
| Pak Choi** | 1 | 2 | 2 |
| Salted Peanuts 1) | 25g | 40g | 40g |
| Garlic Clove** | 2 | 3 | 4 |
| Gochujang Paste 11) | 50g | 80g | 100g |
| Teriyaki Sauce 11) | 50g | 75g | 100g |
| Soy Sauce 11) 13) | 15ml | 25ml | 30ml |

| Pantry | 2P | 3P | 4P |
|----------------------|--------|--------|--------|
| Water for the Sauce* | 50ml | 75ml | 100ml |
| Butter* | 20g | 30g | 40g |
| Mayonnaise* | 2 tbsp | 3 tbsp | 4 tbsp |

*Not Included **Store in the Fridge

Nutrition

| Typical Values | Per serving | Per 100g |
|-------------------------|-------------|----------|
| for uncooked ingredient | 387g | 100g |
| Energy (kJ/kcal) | 3641/870 | 940/225 |
| Fat (g) | 44.9 | 11.6 |
| Sat. Fat (g) | 15.6 | 4.0 |
| Carbohydrate (g) | 78.9 | 20.4 |
| Sugars (g) | 15.9 | 4.1 |
| Protein (g) | 39.7 | 10.3 |
| Salt (g) | 4.99 | 1.29 |

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, cereals containing 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

Let us know what you think!
Share your creations with #HelloFreshSnaps
Head to hellofresh.co.uk or use our app to rate this recipe

HelloFresh UK
Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

 You can recycle me!



Cook the Rice

- Boil a half-full kettle.
- Pour the **boiled water** into a large saucepan with $\frac{1}{4}$ **tsp salt** on high heat. Add the rice and cook for 10-12 mins.
- Once cooked, drain in a sieve, then pop it on top of the pan and allow to steam until ready to serve.



Bring on the Flavour

- Add the **pak choi** and **garlic** to the pan. Cook until fragrant, 1 min.
- Stir in the **gochujang**, **teriyaki**, **soy sauce** and **water for the sauce** (see pantry for amount).
- Lower the heat and simmer until the **sauce** is slightly reduced, 2-3 mins.



Time to Fry

- 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.



Combine your Fried Rice

- Add the **cooked rice** to the pan and toss to coat in the **sauce**.
- Stir through the **butter** (see pantry for amount) until melted.
- Season with **salt** and **pepper**, then remove from the heat.



Finish the Prep

- Meanwhile, trim the **pak choi**, then thinly slice widthways.
- Crush the **peanuts** in the unopened sachet using a rolling pin. Peel and grate the **garlic** (or use a garlic press).
- 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.



Serve Up

- Share the **beef fried rice** between your bowls.
- Drizzle over the **mayo** (see pantry for amount).
- Finish with a sprinkle of **peanuts**.

Enjoy!