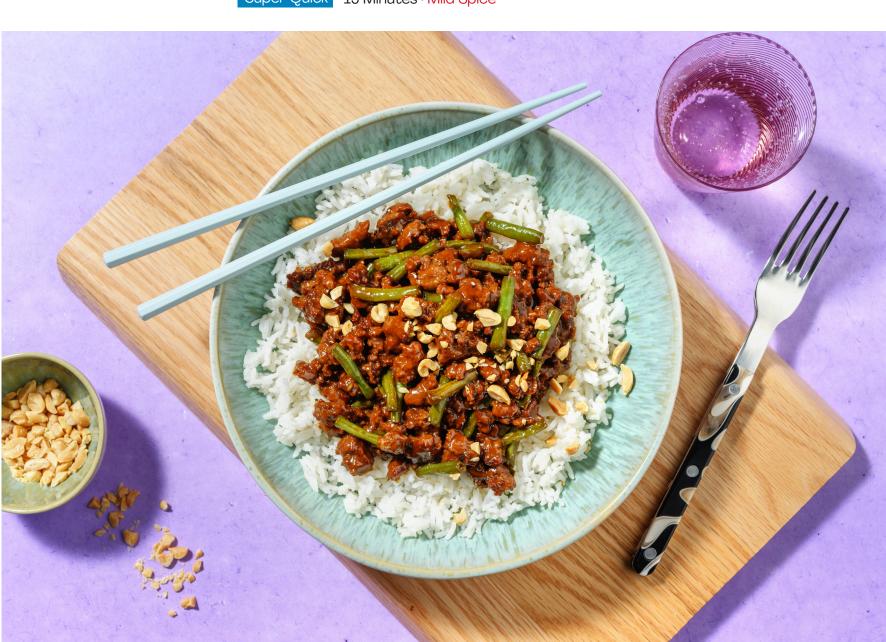


Thai Style Beef and Peanut Stir-Fry

with Green Beans and Jasmine Rice

Super Quick 15 Minutes • Mild Spice















Yellow Thai Style Paste



Soy Sauce



Peanut Butter



Ketjap Manis





Salted Peanuts

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, saucepan, frying pan,

Ingredients

Ingredients	2P	3P	4P	
Jasmine Rice	150g	225g	300g	
Green Beans**	80g	150g	150g	
Beef Mince**	240g	360g	480g	
Yellow Thai Style Paste	45g	67g	90g	
Soy Sauce 11) 13)	15ml	25ml	30ml	
Peanut Butter 1)	30g	45g	60g	
Ketjap Manis 11)	25g	37g	50g	
Honey	15g	30g	30g	
Salted Peanuts 1)	25g	40g	50g	
Pantry	2P	3P	4P	
Water for the Sauce*	150ml	225ml	300ml	
*Not Included **Store in the Fridge				

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	389g	100g
Energy (kJ/kcal)	3454 /826	889 /212
Fat (g)	38.2	9.8
Sat. Fat (g)	11.4	2.9
Carbohydrate (g)	81.1	20.9
Sugars (g)	15.9	4.1
Protein (g)	42.0	10.8
Salt (g)	3.68	0.95

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 <u>hellofresh.co.uk</u> or use our app to rate this recipe

You can recycle me!

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



Rice Time

- Boil a half-full kettle. Pour it into a saucepan with 1/4 tsp salt on high heat.
- Boil the rice, 10-12 mins.
- Once cooked, drain, pop back in the pan and cover.
- Meanwhile, trim the green beans and cut into thirds.



Get Frying

- Heat a drizzle of oil in a frying pan on high heat.
- Once hot, fry the beef mince and green beans, 5-6 mins. Break up the mince as
 it cooks.
- Meanwhile, open the remaining sachets.
- Drain the fat from the mince. Season with salt and pepper. IMPORTANT: Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.



Flavour Town

- Add the yellow Thai style paste, soy, peanut butter, ketjap manis, honey and water (see pantry) to the pan. Stir well.
- Simmer, 3-4 mins.



Dinner's Ready!

- Share your rice between bowls.
- Top with the stir-fry.
- Sprinkle over the **peanuts** to finish.

Enjoy!