



# Korean Style Gochujang Beef Fried Rice with Mangetout and Peanuts

**Quick** 20-25 Minutes • Mild Spice

13



Basmati Rice



Beef Mince



Mangetout



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
Mangetout**	80g	150g	150g
Salted Peanuts <b>1)</b>	25g	40g	40g
Garlic Clove**	2	3	4
Gochujang Paste <b>11)</b>	50g	80g	100g
Teriyaki Sauce <b>11)</b>	50g	75g	100g
Soy Sauce <b>11)</b> <b>13)</b>	15ml	25ml	30ml
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Water for the Sauce*	50ml	75ml	100ml
Butter*	20g	30g	40g
Mayonnaise*	2 tbsps	3 tbsps	4 tbsps

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	362g	100g
Energy (kJ/kcal)	3682 / 880	1016 / 243
Fat (g)	45.2	12.5
Sat. Fat (g)	15.7	4.3
Carbohydrate (g)	83.9	23.2
Sugars (g)	16.5	4.6
Protein (g)	40.3	11.1
Salt (g)	4.95	1.37

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. Be careful when adding water to hot pans while cooking.

## Contact

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## 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 use.



## Bring on the Flavour

- Add the **mangetout** 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 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, halve the **mangetout**.
- 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!