



# Teriyaki-Hoisin Beef Fried Rice

with Green Beans and Pickled Carrot Ribbons

27

Calorie Smart 20-25 Minutes • Mild Spice • 1 of your 5 a day • Under 650 Calories



Basmati Rice



Carrot



Rice Vinegar



Green Beans



Garlic Clove



British Beef Mince



Hoisin Sauce



Teriyaki Sauce



Sambal Paste

**Pantry Items**

Oil, Salt, Pepper, Sugar

## 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, peeler, bowl, garlic press and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Basmati Rice	100g	150g	200g
Carrot**	1	1½	2
Rice Vinegar	15ml	22ml	30ml
Green Beans**	80g	150g	150g
Garlic Clove**	2	3	4
British Beef Mince**	240g	360g	480g
Hoisin Sauce <b>11)</b>	32g	64g	64g
Teriyaki Sauce <b>11)</b>	75g	100g	150g
Sambal Paste	15g	22g	30g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Sugar*	1 tsp	1½ tsp	2 tsp

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

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	340g	100g
Energy (kJ/kcal)	2528 /604	743 /178
Fat (g)	21.7	6.4
Sat. Fat (g)	8.7	2.5
Carbohydrate (g)	72.3	21.3
Sugars (g)	25.2	7.4
Protein (g)	34.3	10.1
Salt (g)	3.34	0.98

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

## Allergens

### 11) Soya

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, mollusc, 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 serve.



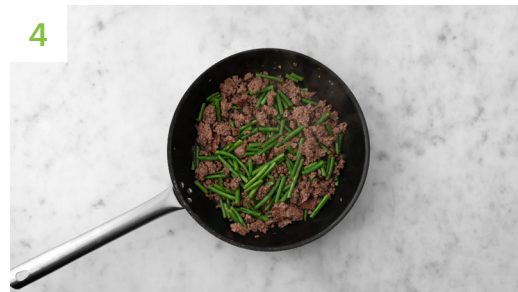
## Get in a Pickle

- While the **rice** cooks, trim and peel the **carrot**. Use the peeler to peel long ribbons down the length of the **carrot**, stopping at the core.
- In a medium bowl, combine the **carrot ribbons**, **rice vinegar**, **sugar** (see pantry for amount) and a pinch of **salt**. Set aside to pickle.



## Prep the Veg

- Trim the **green beans**, then cut into thirds.
- Peel and grate the **garlic** (or use a garlic press).



## Fry the Beef and Beans

- Heat a drizzle of **oil** in a large frying pan on high heat.
- Once hot, add the **beef mince** and **green beans**. Fry until browned and tender, 5-6 mins.
- Use a spoon to break up the **mince** as it cooks, then drain and discard any excess fat. Season with **salt** and **pepper**. **IMPORTANT:** *Wash your hands and equipment after handling raw mince. It's cooked when no longer pink in the middle.*
- Once browned, add the **garlic** to the pan and cook for 1 min more.



## Combine and Stir

- Add the **cooked rice** to the **beef mixture**, then stir in the **hoisin sauce**, **teriyaki sauce** and **sambal** (add less if you'd prefer things milder). Mix together until piping hot, 1-2 mins.
- Taste and season with **salt** and **pepper** if needed.



## Serve Up

- Share the **hoisin beef fried rice** between your plates.
- Top with your **pickled carrot ribbons**.

Enjoy!