



# Indonesian Beef Stir-Fry with Jasmine Rice

**Super Quick** 15 Minutes • **Mild Spice** • 1 of your 5 a day

8



-  Green Beans
-  British Beef Mince
-  Basmati Rice
-  Coleslaw Mix
-  Indonesian Style Spice Mix
-  Ketjap Manis
-  Rice Vinegar
-  Honey
-  Soy Sauce
-  Salted Peanuts
-  Riced Cauliflower

**Pantry Items**  
Oil, Salt, Pepper

**Make it Lower Carb**  
If you chose to make this recipe lower carb, then just follow the instructions on the back of this card.  
Happy cooking!

## 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        |
|-------------------------------|-----------|------------|-----------|
| Green Beans**                 | 80g       | 120g       | 150g      |
| British Beef Mince**          | 240g      | 360g       | 480g      |
| Basmati Rice                  | 150g      | 225g       | 300g      |
| Coleslaw Mix**                | 120g      | 180g       | 240g      |
| Indonesian Style Spice Mix    | 1 sachet  | 1½ sachets | 2 sachets |
| Ketjap Manis <b>11</b>        | 50g       | 75g        | 100g      |
| Rice Vinegar                  | 15ml      | 22ml       | 30ml      |
| Honey                         | 15g       | 22g        | 30g       |
| Soy Sauce <b>11</b> <b>13</b> | 25ml      | 40ml       | 50ml      |
| Salted Peanuts <b>1</b>       | 25g       | 50g        | 50g       |
| Riced Cauliflower**           | 250g      | 500g       | 500g      |
| <b>Pantry</b>                 | <b>2P</b> | <b>3P</b>  | <b>4P</b> |
| Water for the Sauce*          | 50ml      | 75ml       | 100ml     |

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

## Nutrition

| Typical Values                 | Per serving | Per 100g    | Custom Recipe |             |
|--------------------------------|-------------|-------------|---------------|-------------|
|                                |             |             | Per serving   | Per 100g    |
| <b>for uncooked ingredient</b> | <b>390g</b> | <b>100g</b> | <b>440g</b>   | <b>100g</b> |
| Energy (kJ/kcal)               | 3176 /759   | 814 /195    | 2226 /532     | 506 /121    |
| Fat (g)                        | 27.6        | 7.1         | 28.1          | 6.4         |
| Sat. Fat (g)                   | 9.8         | 2.5         | 9.9           | 2.3         |
| Carbohydrate (g)               | 95.3        | 24.4        | 36.9          | 8.4         |
| Sugars (g)                     | 25.8        | 6.6         | 28.4          | 6.5         |
| Protein (g)                    | 39.7        | 10.2        | 36.0          | 8.2         |
| Salt (g)                       | 4.73        | 1.21        | 4.74          | 1.08        |

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, 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

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to [hellofresh.co.uk](https://hellofresh.co.uk) 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



## Get Started

- Boil a half-full kettle. Trim and halve the **green beans**.
- While the kettle boils, heat a drizzle of **oil** in a frying pan on high heat.
- Once hot, fry the **beef mince** and **beans**, 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.



## Flavour Time

- Next, add the **coleslaw mix** to the **veg**.
- Stir the **Indonesian style spice mix**, **ketjap manis**, **rice vinegar**, **honey**, **soy** and **water** (see pantry) into the **mince**. **TIP:** Pop hardened honey into 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.



## Rice On

- Meanwhile, pour the **boiled water** into a saucepan with **¼ tsp salt** on high heat.
- Boil the **rice**, 10-12 mins.

### Make it Lower Carb

If you've chosen the lower carb version, heat a medium frying pan on medium-high heat with a drizzle of **oil**. Once hot, cook the **cauli rice**, 3-4 mins and season. Cover to keep warm until serving.



## Dinner's Ready!

- Drain the **rice**.
- Share the **rice** and **stir-fry** between your bowls.
- Sprinkle over the **peanuts**.

## Enjoy!