



Super Quick Peanut Beef Stir-Fry with Mangetout, Mushrooms and Jasmine Rice

Super Quick 10-15 Minutes • **Mild Spice** • 1 of your 5 a day

8



Jasmine Rice



British Beef Mince



Mangetout



Sliced Mushrooms



Sweet Chilli Sauce



Peanut Butter



Soy Sauce



Indonesian Style Spice Mix



Roasted White Sesame Seeds

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 and bowl.

Ingredients

Ingredients	2P	3P	4P
Jasmine Rice	150g	225g	300g
British Beef Mince**	240g	360g	480g
Mangetout**	80g	150g	160g
Sliced Mushrooms**	80g	120g	180g
Sweet Chilli Sauce	48g	48g	64g
Peanut Butter 1)	30g	45g	60g
Soy Sauce 11) 13)	25ml	40ml	50ml
Indonesian Style Spice Mix	1 sachet	1½ sachets	2 sachets
Roasted White Sesame Seeds 3)	5g	7g	10g
Pantry	2P	3P	4P
Boiled Water for the Sauce*	100ml	200ml	300ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	384g	100g
Energy (kJ/kcal)	3029 /724	789 /189
Fat (g)	30.1	7.8
Sat. Fat (g)	10.3	2.7
Carbohydrate (g)	76.4	19.9
Sugars (g)	12.2	3.2
Protein (g)	40.6	10.6
Salt (g)	3.02	0.79

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

Allergens

1) Peanut **3)** Sesame **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

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Cook Rice

- Boil a half-full kettle.
- Pour the **boiled water** into a saucepan with **¼ tsp salt** on high heat.
- Boil the **rice**, 12-13 mins.
- Once cooked, drain and pop back in the pan. Cover and set aside.



Sauce Time

- Meanwhile, in a bowl, combine the **sweet chilli**, **peanut butter**, **soy** and **boiled water** (see pantry).
- Add the **Indonesian style spice mix** and **sauce** to the pan.
- Simmer, 1-2 mins.
- Add a splash of **water** if it's looking a little thick.



Get Frying

- Meanwhile, heat a drizzle of **oil** in a frying pan on medium-high heat.
 - Once hot, fry the **beef mince**, **mangetout** and **mushrooms**, 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.



Dinner's Ready!

- Share the **rice** between your bowls.
- Top with the **beef stir-fry**.
- Sprinkle over the **sesame seeds**.

Enjoy!