



# Super Quick Bulgogi Beef

with Sugar Snaps, Jasmine Rice and Peanuts

**Super Quick** 10-15 Minutes

8



Jasmine Rice



British Beef Mince



Sugar Snap Peas



Indonesian Style Spice Mix



Mango Chutney



Bulgogi Sauce



Soy Sauce



Salted Peanuts

**Pantry Items**

Oil, Salt, Pepper, Tomato Ketchup



## 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 and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Jasmine Rice	150g	225g	300g
British Beef Mince**	240g	360g	480g
Sugar Snap Peas**	80g	150g	150g
Indonesian Style Spice Mix	1 sachet	1 sachet	2 sachets
Mango Chutney	40g	60g	80g
Bulgogi Sauce <b>11)</b>	75g	100g	150g
Soy Sauce <b>11) 13)</b>	15ml	25ml	30ml
Salted Peanuts <b>1)</b>	25g	40g	50g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Tomato Ketchup*	2 tbsp	3 tbsp	4 tbsp

\*Not included \*\*Store in the Fridge

## Nutrition

Typical Values	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>331g</b>	<b>100g</b>
Energy (kJ/kcal)	3208 /767	971 /232
Fat (g)	28.6	8.7
Sat. Fat (g)	9.8	3.0
Carbohydrate (g)	90.9	27.5
Sugars (g)	27.2	8.2
Protein (g)	38.4	11.6
Salt (g)	3.17	0.96

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

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## Cook Rice

- Boil a half-full kettle.
- Pour it into a saucepan with  $\frac{1}{4}$  tsp salt on high heat.
- Boil the **rice**, 12-13 mins.
- Once cooked, drain. Pop back in the pan and cover.



## Get Frying

- Meanwhile, heat a drizzle of **oil** in a frying pan on high heat.
- Once hot, fry the **beef mince**, **sugar snaps** and **Indonesian style spice mix**, 5-6 mins. Break up the **mince** as it cooks.
- 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.



## Sauce Time

- Stir in the **mango chutney**, **bulgogi**, **soy** and **ketchup** (see pantry).
- Simmer, 1-2 mins.



## Dinner's Ready!

- Share the **rice** between your bowls.
- Spoon over the **bulgogi beef** and **sugar snap peas**.
- Sprinkle over the **peanuts** to finish.

## Enjoy!