



Quick Sweet and Sticky Beef

with Green Beans and Pak Choi

Family 20 Minutes • Mild Spice • 1 of your 5 a day

11



Jasmine Rice



Green Beans



British Beef Mince



Pak Choi



Garlic Clove



Thai Style Spice Blend



Hoisin Sauce



Teriyaki Sauce



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, sieve, lid, frying pan and garlic press.

Ingredients

Ingredients	2P	3P	4P
Jasmine Rice	150g	225g	300g
Green Beans**	80g	150g	150g
British Beef Mince**	240g	360g	480g
Pak Choi**	1	2	2
Garlic Clove**	2	3	4
Thai Style Spice Blend	1 sachet	1 sachet	2 sachets
Hoisin Sauce 11)	64g	96g	128g
Teriyaki Sauce 11)	50g	75g	100g
Roasted White Sesame Seeds 3)	5g	7g	10g
Pantry	2P	3P	4P
Water for the Sauce*	50ml	75ml	100ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	390g	100g
Energy (kJ/kcal)	2876 /687	737 /176
Fat (g)	22.5	5.8
Sat. Fat (g)	8.8	2.3
Carbohydrate (g)	86.7	22.2
Sugars (g)	21.8	5.6
Protein (g)	36.9	9.5
Salt (g)	3.12	0.80

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

Allergens

3) Sesame **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 12-13 mins.
- Once cooked, drain in a sieve and pop back in the pan. Cover with a lid and leave to the side until ready to serve.



Bring on the Flavour

- 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.*
- Add the **garlic**, **pak choi** and **Thai style spice blend** (add less if you'd prefer things milder) to the pan. Stir-fry, 1 min.



Fry the Beef

- Meanwhile, trim the **green beans**, then cut into thirds.
- Heat a large frying pan on medium-high heat (no oil).
- Once hot, add the **beef mince** and **green beans**. Fry until the **mince** has browned and **beans** are tender, 6-7 mins.
- Use a spoon to break up the **mince** as it cooks.
IMPORTANT: *Wash your hands and equipment after handling raw mince.*



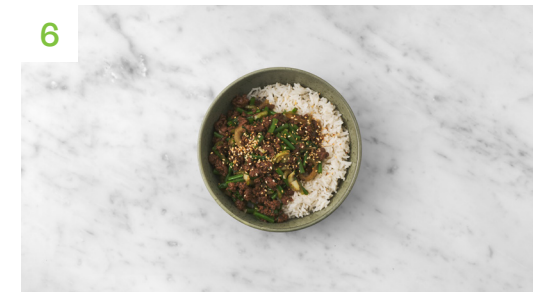
Sauce Things Up

- Stir the **hoisin sauce**, **teriyaki sauce** and **water for the sauce** (see pantry for amount) into the pan.
- Simmer until slightly reduced, 3-4 mins. Remove from the heat.
- Taste and season with **salt** and **pepper** if needed.



Prep Time

- Meanwhile, trim the **pak choi**, then thinly slice widthways.
- Peel and grate the **garlic** (or use a garlic press).



Time to Serve

- Share the **jasmine rice** between your bowls.
- Top with the **sweet and sticky beef**.
- Sprinkle over the **sesame seeds** to finish.

Enjoy!