

Honey Miso Mushroom Beef

with Jasmine Rice, Spring Onion and Sesame Seeds

Quick 20 Minutes • 1 of your 5 a day

13



Green Beans



Jasmine Rice



British Beef Mince



Sliced Mushrooms



Garlic Clove



Ginger Puree



Miso Paste



Ketjap Manis



Soy Sauce



Honey



Roasted White Sesame Seeds

A fast favourite, stir-frying is the perfect method to build flavour and cook quickly! The combination of honey and miso, a Japanese condiment made from fermented soy bean paste, gives a sweet-umami flavour to the beef and mushrooms.

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.

Cooking tools

Kettle, saucepan, sieve, lid, frying pan and garlic press.

Ingredients

Ingredients	2P	3P	4P
Green Beans**	80g	150g	160g
Jasmine Rice	150g	225g	300g
British Beef Mince**	240g	360g	480g
Sliced Mushrooms**	80g	120g	160g
Garlic Clove**	2	3	4
Ginger Puree	15g	22g	30g
Miso Paste 11)	15g	22g	30g
Ketjap Manis 11)	50g	75g	100g
Soy Sauce 11) 13)	15ml	25ml	30ml
Honey	15g	22g	30g
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	364g	100g
Energy (kJ/kcal)	2908 /695	800 /191
Fat (g)	22.4	6.2
Sat. Fat (g)	8.9	2.4
Carbohydrate (g)	89.2	24.5
Sugars (g)	23.1	6.4
Protein (g)	36.5	10.0
Salt (g)	4.44	1.22

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

Allergens

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 the Rice

- Boil a half-full kettle.
- Trim the **green beans** and cut into thirds.
- 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

- Add the **miso paste**, **ketjap manis**, **soy sauce** and **water for the sauce** (see pantry for amount) to the **beef**.
- Stir to combine and bring to the boil, then lower the heat and simmer until thickened slightly, 3-4 mins.



Fry the Mince and Veg

- Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **beef mince**, **beans** and **sliced mushrooms**. Fry until the **mince** is browned and the **mushrooms** are tender, 5-6 mins.
- Use a spoon to break up the **mince** as it cooks, then drain and discard any excess fat. **IMPORTANT:** Wash your hands and equipment after handling raw mince. It's cooked when no longer pink in the middle.



Sauce Things Up

- Remove from the heat and stir the **honey** through the **sauce**. **TIP:** If your honey has hardened, put the **sachet** in a bowl of hot water for 1 min to loosen.
- Taste and add more **salt** and **pepper** if needed. Add a splash of **water** to loosen if needed.



Finish the Prep

- Meanwhile, peel and grate the **garlic** (or use a garlic press).
- When the **beef** is browned, stir in the **ginger puree** and **garlic**. Fry until fragrant, 1 min.



Serve Up

- Share the **rice** between your bowls.
- Top the **rice** with the **miso beef**.
- Sprinkle over the **sesame seeds** to finish.

Enjoy!