



Easy Peasy Indonesian Style Beef Stir-Fry with Mushrooms and Jasmine Rice

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

8



British Beef Mince



Sliced Mushrooms



Jasmine Rice



Coleslaw Mix



Indonesian Style Spice Mix



Ketjap Manis



Rice Vinegar



Honey



Soy Sauce



Salted Peanuts

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, frying pan and saucepan.

Ingredients

Ingredients	2P	3P	4P
British Beef Mince**	240g	360g	480g
Sliced Mushrooms**	120g	180g	240g
Jasmine Rice	150g	225g	300g
Coleslaw Mix**	120g	180g	240g
Indonesian Style Spice Mix	1 sachet	1½ sachets	2 sachets
Ketjap Manis 11)	50g	75g	100g
Rice Vinegar	15ml	22ml	30ml
Honey	15g	22g	30g
Soy Sauce 11) 13)	25ml	40ml	50ml
Salted Peanuts 1)	25g	40g	50g
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	410g	100g
Energy (kJ/kcal)	3130 / 748	763 / 182
Fat (g)	27.1	6.6
Sat. Fat (g)	9.7	2.4
Carbohydrate (g)	90.6	22.1
Sugars (g)	24.5	6.0
Protein (g)	38.7	9.4
Salt (g)	4.73	1.15

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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Get Started

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



Flavour Time

- Next, add the **coleslaw mix** to the frying pan.
- 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**, 12-13 mins.



Dinner's Ready!

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

Enjoy!