



# Fragrant Beef Fried Rice

with Pickled Carrot and Peanuts

**Rapid** 20 Minutes • Medium Spice • 1 of your 5 a day

13



-  Basmati Rice
-  Carrot
-  Rice Vinegar
-  Beef Mince
-  Ginger, Garlic & Lemongrass Puree
-  Peas
-  Ketjap Manis
-  Sambal Paste
-  Soy Sauce
-  Salted Peanuts

**Pantry Items**  
Oil, Salt, Pepper, Sugar

## 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, peeler, bowl, frying pan and rolling pin.

## Ingredients

Ingredients	2P	3P	4P
Basmati Rice	150g	225g	300g
Carrot**	1	2	2
Rice Vinegar	15ml	30ml	30ml
Beef Mince**	240g	360g	480g
Ginger, Garlic & Lemongrass Puree	15g	22g	30g
Peas**	120g	180g	240g
Ketjap Manis <b>11)</b>	25g	38g	50g
Sambal Paste	15g	23g	30g
Soy Sauce <b>11) 13)</b>	25ml	40ml	50ml
Salted Peanuts <b>1)</b>	25g	40g	50g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Sugar for the Pickle*	1 tsp	2 tsp	3 tsp
Water for the Sauce*	100ml	150ml	200ml

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	3105 /742	830 /198
Fat (g)	28.5	7.6
Sat. Fat (g)	9.9	2.6
Carbohydrate (g)	83.1	22.2
Sugars (g)	18.0	4.8
Protein (g)	41.1	11.0
Salt (g)	4.24	1.13

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, milk, egg, mustard, celery, soya, 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.

## Contact

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## Cook the Rice

- Boil a 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 10-12 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.



## Combine and Stir

- Add the **cooked rice** and **peas** to the **beef**.
- Stir in the **ketjap manis**, **sambal paste** (add less if you'd prefer things milder), **soy sauce** and **water for the sauce** (see pantry for amount). Stir to combine and simmer for 1-2 mins.



## Get in a Pickle

- Trim and peel the **carrot**. Use the peeler to peel long ribbons down the length of the **carrot**, stopping at the core.
- In a medium bowl, add the **carrot ribbons**, **rice vinegar** and **sugar for the pickle** (see pantry for amount). Toss to combine and set aside for later.



## Finishing Touches

- Crush the **peanuts** in the unopened sachet using a rolling pin.
- Pour the **pickling liquid** from the **carrot** into your **fried rice** and stir to combine.



## Fry the Beef

- Heat a large frying pan on medium-high heat (no oil).
- Once hot, add the **beef mince** and fry until browned, 5-6 mins. Use a spoon to break it up as it cooks, then drain and discard any excess fat. Season with **salt** and **pepper**. **IMPORTANT:** Wash your hands and equipment after handling raw mince. It's cooked when no longer pink in the middle.
- Add the **ginger, garlic & lemongrass puree** and cook until fragrant, 1 min.



## Serve Up

- Share the **beef fried rice** between your bowls.
- Top with your **carrot pickle** and sprinkle over the **crushed peanuts** to finish.

Enjoy!