



Ginger Beef Stir-Fry and Garlic Rice

with Peas and Tenderstem® Broccoli

Calorie Smart 25-30 Minutes • 2 of your 5 a day • Under 650 Calories

26



Garlic Clove



Tenderstem® Broccoli



Spring Onion



Basmati Rice



Beef Mince



Ginger Puree



Ketjap Manis



Soy Sauce



Peas

Pantry Items

Oil, Salt, Pepper, Butter

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Garlic press, saucepan, lid and frying pan.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	3	5	6
Tenderstem® Broccoli**	150g	200g	300g
Spring Onion**	2	3	4
Basmati Rice	150g	225g	300g
Beef Mince**	120g	180g	240g
Ginger Puree	15g	22g	30g
Ketjap Manis 11)	50g	75g	100g
Soy Sauce 11) 13)	15ml	25ml	30ml
Peas**	120g	180g	240g
Pantry	2P	3P	4P
Butter*	10g	20g	30g
Water for the Rice*	300ml	450ml	600ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	344g	100g
Energy (kJ/kcal)	2527 /604	735 /176
Fat (g)	15.4	4.5
Sat. Fat (g)	7.1	2.1
Carbohydrate (g)	89.5	26.0
Sugars (g)	20.8	6.0
Protein (g)	28.4	8.2
Salt (g)	3.80	1.11

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).
Points™ values based on low-cal cooking spray oil.

Allergens

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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Start the Prep

Peel and grate the **garlic** (or use a garlic press). Cut the **Tenderstem® broccoli** into thirds. Trim and thinly slice the **spring onions**.

Pop a deep saucepan (with a tight-fitting lid) on medium heat. Melt in the **butter** (see pantry for amount).

When hot, add **half** the **garlic** and stir-fry for 1 min.



Bring on the Broccoli

Add the **broccoli** to the **beef** and cook until both are tender and cooked through, 5-6 mins. Season with **salt** and **pepper**.

Stir in the **ginger puree** and remaining **garlic**. Cook until fragrant, 1 min, then remove from the heat. **IMPORTANT: The beef is cooked when no longer pink in the middle.**



Cook the Garlic Rice

Stir the **rice** into the **garlic** pan and cook until coated, 1 min.

Add **¼ tsp salt** and the **water for the rice** (see pantry for amount) into the pan and bring to the boil.

Once boiling, turn the heat down to medium and cover with the lid.

Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



Sauce Things Up

Stir the **ketjap manis** and **soy sauce** into the pan until evenly coated. Taste and season with **salt** and **pepper** if needed.

Fluff up the **rice** with a fork, then stir through the **peas**.



Get Frying

When the **rice** has 10 mins left, heat a large frying pan on medium-high heat (no oil).

Once hot, add the **beef mince** and fry, breaking it up as it cooks, for 2 mins. **IMPORTANT: Wash your hands and equipment after handling raw mince.**



Serve

Share the **garlic pea rice** between your bowls and top with your **ginger beef stir-fry**.

Sprinkle over the **spring onion** to finish.

Enjoy!