



Hoisin Beef and Sesame Fried Rice

with Bell Pepper, Green Beans and Pickled Cucumber Ribbon Salad

26

Calorie Smart 20-25 Minutes • 2 of your 5 a day • Under 650 Calories



Basmati Rice



Bell Pepper



Cucumber



Green Beans



Garlic Clove



Beef Mince



Rice Vinegar



Hoisin Sauce



Teriyaki Sauce



Sambal



Roasted White Sesame Seeds

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, peeler, garlic press, frying pan and bowl.

Ingredients

Ingredients	2P	3P	4P
Basmati Rice	150g	225g	300g
Bell Pepper***	1	2	2
Cucumber**	½	¾	1
Green Beans**	80g	150g	150g
Garlic Clove**	2	3	4
Beef Mince**	120g	240g	240g
Rice Vinegar	15ml	22ml	30ml
Hoisin Sauce (11)	32g	64g	64g
Teriyaki Sauce (11)	75g	100g	150g
Sambal	15g	22g	30g
Roasted White Sesame Seeds (3)	5g	7g	10g

Pantry	2P	3P	4P
Sugar*	½ tsp	¾ tsp	1 tsp

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be green, yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2426 /580	599 /143
Fat (g)	14.2	3.5
Sat. Fat (g)	4.9	1.2
Carbohydrate (g)	89.8	22.2
Sugars (g)	25.3	6.2
Protein (g)	23.8	5.9
Salt (g)	3.12	0.77

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

(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, 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 **¼ 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. Set aside.



Pickle the Cucumber

Meanwhile, put the **cucumber ribbons** in a medium bowl with the **rice vinegar** and **sugar** (see pantry for amount).

Season with **salt** and **pepper**, then toss together. Set aside to pickle.



Prep the Veg

Meanwhile, halve the **bell pepper** and discard the core and seeds. Slice into thin strips, then chop into roughly 1cm pieces.

Trim the **cucumber** (see ingredients for amount). Use a peeler to peel long ribbons down the length of the **cucumber**, stopping at the seeds.

Trim the **green beans**, then cut into thirds. Peel and grate the **garlic** (or use a garlic press).



Combine and Stir

Add the **cooked rice** to the **beef mixture** and stir in the **hoisin sauce**, **teriyaki sauce** and **sambal** (add less if you'd prefer things milder). Mix together until piping hot, 1-2 mins.

Taste and season with **salt** and **pepper** if needed.



Cook the Beef

Heat a large frying pan on medium-high heat (no oil).

Once hot, add the **beef mince**, **bell pepper** and **green beans**. Fry until browned, 5-6 mins.

Use a spoon to break up the **mince** 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.

Once browned, add the **garlic** to the pan and cook for 1 min more.



Serve

Share the **hoisin beef fried rice** between your plates.

Serve the **pickled cucumber ribbon salad** alongside and sprinkle over the **sesame seeds** to finish.

Enjoy!

