

Quick 'n' Sticky Beef

with Basmati Rice

Rapid 15 Minutes • Medium Spice • 1 of your 5 a day











Basmati Rice







Green Pepper



Beef Strips



Thai Style Spice Blend

Coriander



Hoisin Sauce

Soy Sauce

Before you start

Our fruit and veggies need a little wash before you

Cooking tools, you will need:

Saucepan, Sieve, Cutting Board, Knife, Frying Pan, Plate

Ingredients

	2P	3P	4P	
Basmati Rice	150g	225g	300g	
Red Onion**	1	1	1	
Green Pepper**	1	2	2	
Coriander**	1 bunch	1 bunch	1 bunch	
Beef Strips**	240g	360g	480g	
Thai Style Spice Blend 3)	1 sachet	¾ sachet	1 sachet	
Hoisin Sauce 3) 11)	2 sachets	3 sachets	4 sachets	
Soy Sauce 11) 13)	1 sachet	1½ sachet	2 sachets	
*Not Included **Store in the Fridge				

Nutrition

	Per serving	Per 100g
for uncooked ingredient	386g	100g
Energy (kJ/kcal)	2553 /610	661/158
Fat (g)	14	4
Sat. Fat (g)	6	1
Carbohydrate (g)	80	21
Sugars (g)	17	4
Protein (g)	39	10
Salt (g)	3.47	0.90

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

3) Sesame 11) Soya 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

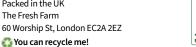
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Cook the Rice

- a) Bring a large saucepan of water to the boil with a 1/4 tsp of salt for the rice.
- b) When boiling, add the rice and cook for 12 mins. Drain in a sieve, pop back into the pan, cover with a lid and leave to the side until ready to serve.



Prep Time

- a) Meanwhile, halve, peel and thinly slice the red onion.
- **b)** Halve the **pepper** and discard the core and **seeds**. Slice into thin strips.
- c) Roughly chop the coriander (stalks and all).



Cook the Strips

- a) Heat a splash of oil in a large frying pan over high heat.
- b) When the oil is hot, add the beef strips.
- c) Sprinkle on the Thai style spice blend (see ingredients for amounts - be careful it's hot!) and stir-fry until browned, 1-2 mins, continuously stirring. TIP: Don't crowd the pan or your beef strips will stew instead of fry! It's best to cook it in batches. **IMPORTANT:** Wash your hands and equipment after handling raw meat.
- **d)**Transfer each batch to a plate, wipe out the pan and return to high heat with a splash of oil. **IMPORTANT:** The beef is safe to eat when the outside is cooked.



Veg Time

- a) When the oil is hot, stir-fry the red onions and peppers until slightly softened, 2-3 mins.
- b) Lower the heat and stir in the hoisin sauce and soy sauce.
- c) Bring to a bubble and remove from the heat.



Finish Off

- a) While the rice cooks, return the pan to medium heat and stir in the beef strips you browned earlier.
- **b)** Stir-fry until everything is piping hot and then mix through the coriander.



Serve

a) Share the rice between your bowls and spoon your sticky beef on top.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.