



# Quick 'n' Sticky Beef with Basmati Rice

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

Nº 23



Basmati Rice



Red Onion



Green Pepper



Coriander



Beef Strips



Thai Style Spice Blend



Hoisin Sauce



Soy Sauce

## Before you start

Our fruit and veggies need a little wash before you use them!

## Cooking tools, you will need:

Saucepan, Sieve, Cutting Board, Knife, Frying Pan, Plate and Bowls.

## 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 <b>3)</b> | 1 sachet  | ¾ sachet  | 1 sachet  |
| Hoisin Sauce <b>3)</b>           | 2 sachets | 3 sachets | 4 sachets |
| Soy Sauce <b>11)</b>             | 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

Thumbs up or thumbs down?

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HelloFresh UK

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## Cook the Rice

**a)** Bring a large saucepan of **water** to the boil with a ¼ 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.