



Quick 'n' Sticky Beef with Basmati Rice

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

13



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, Lid, Sieve, Frying Pan, Wooden Spoon, Plate, Bowl.

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	1 sachet	2 sachets
Hoisin Sauce 11)	2 sachets	3 sachets	4 sachets
Soy Sauce 11) 13)	1 sachet	1½ sachets	2 sachets

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	396g	100g
Energy (kJ/kcal)	2545/608	643/154
Fat (g)	14	4
Sat. Fat (g)	6	1
Carbohydrate (g)	79	20
Sugars (g)	17	4
Protein (g)	40	10
Salt (g)	3.78	0.96

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 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 but not cooked through, 2 mins. **TIP:** Do this in batches if your pan is small. You want the beef to brown, not stew. **IMPORTANT:** Wash your hands and equipment after handling raw meat.

d) Transfer 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 onion** and **pepper** 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.