



# Thai Style Beef Bowl with Mangetout and Zesty Rice

Family 25-30 Minutes • Medium Spice • 2 of your 5 a day

2



Red Onion



Ginger



Beef Mince



Jasmine Rice



Thai Style  
Spice Blend



Chicken Stock  
Paste



Mangetout



Lime



Ketjap Manis

#### Pantry Items

Oil, Salt, Pepper, Tomato Ketchup

## Before you start

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

## Cooking tools

Grater, frying pan, saucepan, lid and fine grater.

## Ingredients

Ingredients	2P	3P	4P
Red Onion**	1	1	2
Ginger**	½	¾	1
Beef Mince**	240g	360g	480g
Jasmine Rice	150g	225g	300g
Thai Style Spice Blend 3)	1 sachet	1 sachet	2 sachets
Chicken Stock Paste	10g	15g	20g
Mangetout**	150g	300g	300g
Lime**	½	¾	1
Ketjap Manis 11)	25g	50g	50g

  

Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Water for the Beef*	100ml	150ml	200ml
Tomato Ketchup*	1 tbsp	1½ tbsp	2 tbsp

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	394g	100g
Energy (kJ/kcal)	2756 /659	699 /167
Fat (g)	20.9	5.3
Sat. Fat (g)	8.7	2.2
Carbohydrate (g)	84.9	21.5
Sugars (g)	17.4	4.4
Protein (g)	36.6	9.3
Salt (g)	2.29	0.58

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## 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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## Get Prepped

Halve, peel and thinly slice the **red onion**.

Peel and grate the **ginger**. **TIP:** Use a teaspoon to easily scrape away the peel.



## Add the Flavour

Once the **mince** is browned, drain and discard any excess fat. Lower the heat, then add the **onion** to the pan. Cook until softened, 5-6 mins, stirring occasionally.

Stir in the **ginger**, **Thai style spice blend** (careful, it's hot - add less if you'd prefer things milder) and **chicken stock paste**, then add the **water for the beef** (see pantry for amount) and **mangetout**.

Simmer until the liquid has reduced by half and the **mangetout** are tender, 5-6 mins. **IMPORTANT:** The mince is cooked when no longer pink in the middle.



## Fry the Mince

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

Once hot, add the **beef mince** and fry until browned, 4-5 mins. Use a spoon to break it up as it cooks. **IMPORTANT:** Wash your hands and equipment after handling raw mince.



## Combine and Stir

While everything cooks, zest and halve the **lime** (see ingredients for amount).

When the **beef** is ready, stir through the **ketjap manis**, a squeeze of **lime juice** and the **ketchup** (see pantry for amount). Remove from the heat, taste and add **salt** and **pepper** if needed.

Fluff up the **rice** with a fork and stir through the **lime zest**.



## Rice Time

While the **beef** cooks, pour the **water for the rice** (see pantry for amount) into a medium saucepan with a tight-fitting lid.

Stir in the **rice** and **¼ tsp salt** 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).



## Serve

Share the **zesty rice** between your bowls and top with the **beef stir-fry**.

Cut the remaining **lime** into wedges and serve alongside for squeezing over.

## Enjoy!