














Hunan Style Cumin Beef Stir-Fry with Basmati Rice and Sesame Seeds

Quick 20 Minutes • **Mild Spice** • 1 of your 5 a day

15



-  Basmati Rice
-  Garlic Clove
-  Bell Pepper
-  Green Beans
-  Beef Mince
-  Ground Cumin
-  Ginger Puree
-  Soy Sauce
-  Rice Vinegar
-  Red Pepper Chilli Jelly
-  Roasted White Sesame Seeds

Pantry Items
Oil, Salt, Pepper, Honey, Butter

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep. Ingredients in **red** are hot!

Cooking tools

Kettle, saucepan, sieve, lid, garlic press and frying pan.

Ingredients

Ingredients	2P	3P	4P
Basmati Rice	150g	225g	300g
Garlic Clove**	2	3	4
Bell Pepper***	1	1½	2
Green Beans**	80g	80g	150g
Beef Mince**	240g	360g	480g
Ground Cumin	1 sachet	1 sachet	2 sachets
Ginger Puree	15g	22g	30g
Soy Sauce 11 13	15ml	25ml	30ml
Rice Vinegar	15ml	22ml	30ml
Red Pepper Chilli Jelly	50g	75g	100g
Roasted White Sesame Seeds 3	5g	7g	10g
Pantry	2P	3P	4P
Water for the Sauce*	100ml	150ml	200ml
Honey*	½ tbsp	¾ tbsp	1 tbsp
Butter*	20g	30g	40g

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be 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)	422g 3112 / 744	100g 738 / 176
Fat (g)	30.5	7.2
Sat. Fat (g)	14.0	3.3
Carbohydrate (g)	83.6	19.8
Sugars (g)	20.5	4.9
Protein (g)	36.4	8.6
Salt (g)	2.42	0.57

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

Allergens

3) Sesame **11**) Soya **13**) Cereals containing gluten

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 half-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. Cover with a lid and leave to the side until ready to serve.



Build the Flavour

- Once cooked, add the **garlic**, **ground cumin** and **ginger puree** to the **beef mince**.
- Fry until fragrant, 1 min.



Get Prepped

- While the **rice** cooks, peel and grate the **garlic** (or use a garlic press).
- Halve the **bell pepper** and discard the core and seeds. Slice into thin strips.
- Trim the **green beans**, then cut into thirds.



Sauce Things Up

- Pour the **soy sauce**, **rice vinegar**, **red pepper chilli jelly** and **water for the sauce** (see pantry for amount) into the **beef**.
- Stir to combine, then cook until reduced, 3-4 mins.
- Once reduced, mix in the **honey** and **butter** (see pantry for both amounts).



Fry the Beef and Veg

- Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **beef mince**, **sliced pepper** and **green beans**. Stir-fry until the **mince** has browned and **veg** has softened slightly, 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.



Finish and Serve

- When everything's ready, share the **rice** between your bowls.
- Top with your **Hunan style beef stir-fry**.
- Finish with a sprinkling of **roasted sesame seeds** over the top.

Enjoy!