



Thai Style Beef and Peanut Stir-Fry with Green Beans and Jasmine Rice

Super Quick 15 Minutes

8



Jasmine Rice



Green Beans



Beef Mince



Yellow Thai Style Paste



Soy Sauce



Peanut Butter



Ketjap Manis



Honey



Salted Peanuts

Pantry Items
Oil, Salt, Pepper

Before you start

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

Cooking tools

Kettle, saucepan and frying pan.

Ingredients

Ingredients	2P	3P	4P
Jasmine Rice	150g	225g	300g
Green Beans**	80g	150g	150g
Beef Mince**	240g	360g	480g
Yellow Thai Style Paste	45g	67g	90g
Soy Sauce 11 13	15ml	25ml	30ml
Peanut Butter 1	30g	45g	60g
Ketjap Manis 11	25g	37g	50g
Honey	15g	30g	30g
Salted Peanuts 1	25g	40g	50g

Pantry	2P	3P	4P
Water for the Sauce*	150ml	225ml	300ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	389g	100g
Energy (kJ/kcal)	3454 / 826	889 / 212
Fat (g)	38.2	9.8
Sat. Fat (g)	11.4	2.9
Carbohydrate (g)	81.1	20.9
Sugars (g)	15.9	4.1
Protein (g)	42.0	10.8
Salt (g)	3.68	0.95

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

Allergens

1) Peanut **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, cereals containing 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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Rice Time

- Boil a half-full kettle. Pour it into a saucepan with $\frac{1}{4}$ tsp salt on high heat.
- Boil the **rice**, 10-12 mins.
- Once cooked, drain, pop back in the pan and cover.
- Meanwhile, trim the **green beans** and cut into thirds.



Flavour Town

- Add the **yellow Thai style paste**, **soy**, **peanut butter**, **ketjap manis**, **honey** and **water for the sauce** (see pantry) to the pan. Stir well.
- Simmer, 3-4 mins.



Get Frying

- Heat a drizzle of **oil** in a frying pan on high heat.
- Once hot, fry the **beef mince** and **green beans**, 5-6 mins. Break up the **mince** as it cooks.
- Meanwhile, open the remaining sachets.
- Drain the fat from the **mince**. Season with **salt** and **pepper**. **IMPORTANT:** Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.



Dinner's Ready!

- Share your **rice** between bowls.
- Top with the **stir-fry**.
- Sprinkle over the **peanuts** to finish.

Enjoy!