



Indonesian Beef Stir-Fry with Jasmine Rice

Super Quick 15 Minutes • Mild Spice

8



Beef Mince



Jasmine Rice



Mangetout



Indonesian Style
Spice Mix



Ketjap Manis



Rice Vinegar



Honey



Soy Sauce

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. Ingredients in red are hot!

Cooking tools

Kettle, frying pan and saucepan.

Ingredients

Ingredients	2P	3P	4P
Beef Mince**	240g	360g	480g
Jasmine Rice	150g	225g	300g
Mangetout**	150g	230g	300g

Pantry	2P	3P	4P
Water for the Sauce*	50ml	75ml	100ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2810 /672	811 /194
Fat (g)	20.6	5.9
Sat. Fat (g)	8.5	2.5
Carbohydrate (g)	88.2	25.5
Sugars (g)	23.1	6.7
Protein (g)	36.5	10.5
Salt (g)	3.40	0.98

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

Allergens

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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Get Started

- Boil a half-full kettle.
- While it boils, heat a drizzle of **oil** in a frying pan on high heat.
- Once hot, fry the **beef mince**, 5-6 mins.
- Break up the **mince** as it cooks, then drain the fat. Season with **salt** and **pepper**. **IMPORTANT:** Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.



Flavour Time

- Next, stir in the **mangetout**, **Indonesian style spice mix**, **ketjap manis**, **rice vinegar**, **honey**, **soy** and **water** (see pantry) into the **mince**. **TIP:** Pop hardened honey into hot water for 1 min.
- Simmer, 3-4 mins.
- Add a splash of **water** to the **beef** if needed. Taste and season with **salt** and **pepper**.
- Remove from the heat.



Rice On

- Meanwhile, pour the **boiled water** into a saucepan with **¼ tsp salt** on high heat.
- Boil the **rice**, 12-13 mins.



Dinner's Ready!

- Drain the **rice**.
- Share the **rice** and **stir-fry** between your bowls.

Enjoy!