













Sticky Honey Beef Rice Bowl with Green Beans

Family 20 Minutes • 1 of your 5 a day

2



-  Green Beans
-  Beef Mince
-  Jasmine Rice
-  Coleslaw Mix
-  Garlic Clove
-  Lime
-  Ginger Puree
-  Ketjap Manis
-  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.

Cooking tools

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

Ingredients

Ingredients	2P	3P	4P
Green Beans**	80g	150g	150g
Beef Mince**	240g	360g	480g
Jasmine Rice	150g	225g	300g
Coleslaw Mix**	120g	180g	240g
Garlic Clove**	1	2	2
Lime**	½	1	1
Ginger Puree	15g	22g	30g
Ketjap Manis 11)	50g	75g	100g
Honey	15g	30g	30g
Soy Sauce 11) 13)	25ml	40ml	50ml
Pantry	2P	3P	4P
Water for the Sauce*	50ml	75ml	100ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	397g	100g
Energy (kJ/kcal)	2884 /689	726 /174
Fat (g)	20.2	5.1
Sat. Fat (g)	8.5	2.1
Carbohydrate (g)	93.8	23.6
Sugars (g)	25.7	6.5
Protein (g)	36.2	9.1
Salt (g)	4.86	1.22

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. Be careful when adding water to hot pans while cooking.

Contact

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Brown the Beef

- Boil a half-full kettle. Trim the **green beans**, then cut into thirds.
- While the kettle boils, heat a large frying pan on medium-high heat (no oil).
- Once hot, add the **beef mince** and **green beans** and fry until browned, 5-6 mins. Use a spoon to break up the **mince** as it cooks. **IMPORTANT:** *Wash your hands and equipment after handling raw mince. It's cooked when no longer pink in the middle.*



Get Stir-Frying

- While the **veg** fries, peel and grate the **garlic** (or use a garlic press).
- Cut the **lime** into wedges (see ingredients for amount).
- Stir in the **garlic** and **ginger puree**. Cook until fragrant, 1-2 mins.



Cook the Rice

- Meanwhile, pour the **boiled water** from your kettle into a large saucepan with $\frac{1}{4}$ **tsp salt** on high heat.
- Add the **rice** and cook for 12-13 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.



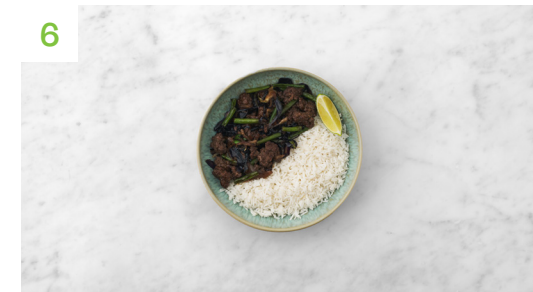
Sauce Things Up

- Stir the **ketjap manis**, **honey**, **soy sauce** and **water for the sauce** (see pantry for amount) into the pan. **TIP:** *If your honey has hardened, pop it in a bowl of hot water for 1 min.*
- Cook until the **sauce** has thickened, 2-3 mins.
- Taste and season with **salt**, **pepper** and a squeeze of **lime juice** from a **lime wedge**. Add a splash of **water** if it's a little too thick.



Add the Coleslaw Mix

- Once the **beef** is cooked, drain and discard any excess fat. Season with **salt** and **pepper**.
- Add the **coleslaw mix**. Stir-fry until just tender, 2-3 mins.



Serve Up

- When ready, share the **rice** between your bowls and top with the **sticky honey beef**.
- Serve with any remaining **lime wedges** for squeezing over.

Enjoy!