



# Peanut Gochujang Beef Stir-Fry with Jasmine Rice

**Super Quick** 15 Minutes • **Medium Spice** • 1 of your 5 a day

8



Jasmine Rice



Beef Mince



Sliced Mushrooms



Gochujang Paste



Ketjap Manis



Peanut Butter



Soy Sauce



Coleslaw Mix

**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, saucepan and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Jasmine Rice	150g	225g	300g
Beef Mince**	240g	360g	480g
Sliced Mushrooms**	80g	120g	180g
Gochujang Paste <b>11)</b>	50g	80g	100g
Ketjap Manis <b>11)</b>	25g	37g	50g
Peanut Butter <b>1)</b>	30g	45g	60g
Soy Sauce <b>11) 13)</b>	15ml	25ml	30ml
Coleslaw Mix**	120g	180g	240g

Pantry	2P	3P	4P
Water for the Sauce*	100ml	150ml	200ml

\*Not included \*\*Store in the Fridge

## Nutrition

Typical Values	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>406g</b>	<b>100g</b>
Energy (kJ/kcal)	3065 / 733	754 / 180
Fat (g)	28.6	7.0
Sat. Fat (g)	10.1	2.5
Carbohydrate (g)	81.9	20.1
Sugars (g)	16.8	4.1
Protein (g)	39.7	9.8
Salt (g)	4.08	1.00

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, mollusc, 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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## Rice On

- Boil a half-full kettle.
- Pour it into a saucepan with  $\frac{1}{4}$  tsp salt on high heat.
- Boil the **rice**, 12-13 mins.
- Once cooked, drain, pop back in the pan and cover.



## Flavour Town

- Stir in the **gochujang**, **ketjap**, **peanut butter**, **soy** and **water** (see pantry).
- Add the **coleslaw mix**.
- Bring to the boil then simmer, 1-2 mins.
- Add a splash of **water** if needed.



## Get Frying

- Heat a drizzle of **oil** in a frying pan on high heat.
- Once hot, fry the **beef** and **mushrooms**, 6-8 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.
- Meanwhile, open the remaining sachets.



## Dinner's Ready!

- Share the **rice** between your bowls.
- Top with the **beef stir-fry**.

## Enjoy!