



Teriyaki-Hoisin Beef Fried Rice

with Green Beans and Pickled Carrot Ribbons

Quick 20-25 Minutes • **Mild Spice** • 1 of your 5 a day

13



Basmati Rice



Carrot



Rice Vinegar



Green Beans



Garlic Clove



British Beef Mince



Hoisin Sauce



Teriyaki Sauce



Sambal Paste



Unconventional Plant-Based Burgers

Pantry Items

Oil, Salt, Pepper, Sugar

Make it Vegetarian

If you chose to make this recipe veggie, then just follow the instructions on the back of this card.

Happy cooking!

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, peeler, bowl, garlic press and frying pan.

Ingredients

Ingredients	2P	3P	4P
Basmati Rice	100g	150g	200g
Carrot**	1	1½	2
Rice Vinegar	15ml	22ml	30ml
Green Beans**	80g	150g	150g
Garlic Clove**	2	3	4
British Beef Mince**	240g	360g	480g
Hoisin Sauce (11)	30g	60g	60g
Teriyaki Sauce (11)	75g	100g	150g
Sambal Paste	15g	22g	30g
Unconventional Plant-Based Burgers* (11)	2	4	4
Pantry	2P	3P	4P
Sugar*	1 tsp	1½ tsp	2 tsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	339g	100g	309g	100g
Energy (kJ/kcal)	2512 /600	741 /177	2214 /529	716 /171
Fat (g)	21.6	6.4	14.7	4.8
Sat. Fat (g)	8.6	2.5	5.6	1.8
Carbohydrate (g)	71.8	21.2	78.1	25.3
Sugars (g)	24.7	7.3	25.2	8.1
Protein (g)	34.2	10.1	21.4	6.9
Salt (g)	3.20	0.94	4.13	1.34

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

Allergens

11) Soya

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

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to [hellofresh.co.uk](https://www.hellofresh.co.uk) or use our app to rate this recipe

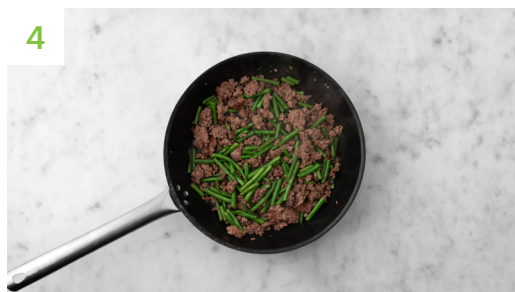
 You can recycle me!

HelloFresh UK
Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ



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, then pop it on top of the pan and allow to steam until ready to serve.



Fry the Beef and Beans

- Heat a drizzle of **oil** in a large frying pan on high heat.
- Once hot, add the **beef mince** and **green beans**. Fry until browned and tender, 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.
- Once browned, add the **garlic** to the pan and cook for 1 min more.

Make it Vegetarian

If you've chosen the veggie version, heat a large frying pan on medium-high heat with a drizzle of **oil**. Cook the **plant-based burgers** and **veg** for the same amount of time. Use a spoon to mash the **burgers** into a mince-like texture as they cook. **IMPORTANT:** Ensure they're piping hot throughout.



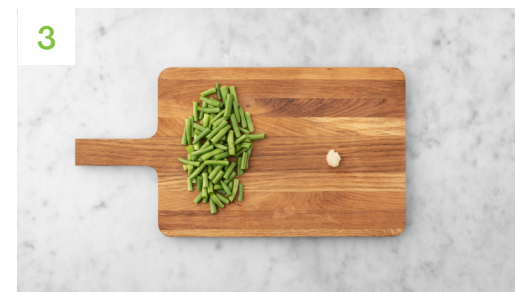
Get in a Pickle

- While the **rice** cooks, trim and peel the **carrot**. Use the peeler to peel long ribbons down the length of the **carrot**, stopping at the core.
- In a medium bowl, combine the **carrot ribbons**, **rice vinegar**, **sugar** (see pantry for amount) and a pinch of **salt**. Set aside to **pickle**.



Combine and Stir

- Add the **cooked rice** to the **beef mixture**, then stir in the **hoisin sauce**, **teriyaki sauce** and **sambal** (add less if you'd prefer things milder). Mix together until piping hot, 1-2 mins.
- Taste and season with **salt** and **pepper** if needed.



Prep the Veg

- Trim the **green beans**, then cut into thirds.
- Peel and grate the **garlic** (or use a garlic press).



Serve Up

- Share the **hoisin beef fried rice** between your plates.
- Top with your **pickled carrot ribbons**.

Enjoy!