



Thai-Style Beef

with Peppers, Mangetout and Fluffy Rice

FAMILY Hands on Time: 25 Minutes • Total Time: 30 Minutes • 1.5 of your 5 a day

N° 8



Red Onion



Bell Pepper



Ginger



Coriander



Beef Mince



Jasmine Rice



Thai Spice Blend



Chicken Stock Powder



Mangetout



Lime



Ketjap Manis

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools, you will need:

Fine Grater, Frying Pan, Measuring Jug and Saucepan.

Ingredients

	2P	3P	4P
Red Onion**	1	1	2
Bell Pepper***	1	2	2
Ginger**	½ piece	¾ piece	1 piece
Coriander**	1 bunch	1 bunch	1 bunch
Beef Mince**	240g	360g	480g
Water for Rice*	300ml	450ml	600ml
Jasmine Rice	150g	225g	300g
Thai Spice Blend 3)	1 small pot	¾ large pot	1 large pot
Chicken Stock Powder	1 sachet	2 sachets	2 sachets
Water for Beef*	100ml	150ml	200ml
Mangetout**	1 small pack	1 large pack	1 large pack
Lime**	½	¾	1
Ketjap Manis 11)	1 sachet	2 sachets	2 sachets
13)			

*Not Included ** Store in the Fridge

***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

	Per serving	Per 100g
for uncooked ingredient	586g	100g
Energy (kJ/kcal)	2676 / 640	457 / 109
Fat (g)	19	3
Sat. Fat (g)	8	1
Carbohydrate (g)	84	14
Sugars (g)	18	3
Protein (g)	33	6
Salt (g)	1.32	0.23

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

3) Sesame 11) Soya 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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You can recycle me!

Packed in the UK



1. Get Prepped

Halve, peel and thinly slice the **red onion**. Halve the **bell pepper**, remove the core and seeds and thinly slice. Peel and finely grate the **ginger**, roughly chop the **coriander** (stalks and all). Fill and boil your kettle.



4. Finish the Beef

Meanwhile, when the **mince** is browned, lower the heat then add the **red onion** and **pepper**. Cook until softened, 6-8 mins, stirring occasionally. Next add the **ginger**, **Thai spice** (be careful it's spicy, add less if you don't like spice!) and the **chicken stock powder**. Add the **water** (see ingredients for amount) and stir in the **mangetout**. Simmer until the liquid has reduced by half and the **mangetout** are tender, 4-5 mins.



2. Fry the Mince

Heat a splash of **oil** in a frying pan over high heat. Once the pan is hot, add the **beef mince** and fry until golden brown, 4-5 mins. Break it up with a spoon as it cooks. **IMPORTANT:** The mince is cooked when it is no longer pink in the middle.



5. Finish the Rice

While everything cooks, zest and halve the **lime**. When the **beef** is ready stir through the **ketjap manis**, a squeeze of **lime juice** and **half** the **coriander**. Remove from the heat, taste and add **salt** and **pepper** if necessary. Fluff up the **rice** with a fork and stir through the **lime zest**. Get ready to serve.



3. Cook the Rice

Meanwhile, pour the boiling **water** for the rice (see ingredients for amount) into a saucepan and bring back to the boil. Stir in the **rice** and ¼ tsp of **salt**. Lower the heat to medium and pop a lid on the pan. Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



6. Finish and Serve

Share the **rice** between your bowls and serve the **beef** on top. Finish with a sprinkle of the remaining **coriander**. Chop the remaining **lime** into **wedges** and serve alongside for anyone who likes things extra zesty.

Enjoy!