



Beef and Veg Stir-Fry in Black Bean Sauce

with Jasmine Rice and Peanuts

Family 20 Minutes • 2 of your 5 a day

11



Jasmine Rice



Onion



Green Beans



Garlic Clove



Salted Peanuts



Beef Mince



Sugar Snap Peas



Black Bean Sauce

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

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

Ingredients

	2P	3P	4P
Jasmine Rice	150g	225g	300g
Onion**	1	1	2
Green Beans**	150g	150g	200g
Garlic Clove**	2	3	4
Salted Peanuts 1)	25g	40g	40g
Beef Mince**	240g	360g	480g
Sugar Snap Peas**	80g	150g	160g
Black Bean Sauce 11)	1 sachet	1½ sachets	2 sachets
Water for the Sauce*	50ml	75ml	100ml

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	456g	100g
Energy (kJ/kcal)	3379/807	741/177
Fat (g)	28.4	6.2
Sat. Fat (g)	9.8	2.1
Carbohydrate (g)	96.4	21.2
Sugars (g)	27.1	5.9
Protein (g)	39.0	8.6
Salt (g)	1.79	0.39

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

1) Peanut 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, milk, egg, mustard, celery, soya, 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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60 Worship St, London EC2A 2EZ

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Cook the Rice

- Boil a full kettle.
- When boiling, pour the **water** into a large saucepan with $\frac{1}{4}$ **tsp salt** on high heat. Add the **rice** and cook for 12-13 mins.
- Drain in a sieve and pop back in the pan. Cover with a lid and leave to the side until ready to serve.



Add the Veg

- Add the **garlic**, **onion** and **green beans** to the **beef** and stir-fry until softened slightly, 5-6 mins.
- Add in the **sugar snap peas** and stir-fry for 1 min more.



Prep Time

- While the **rice** cooks, halve, peel and thinly slice the **onion**.
- Trim the **green beans**.
- Peel and grate the **garlic** (or use a garlic press).
- Roughly chop the **peanuts**.



Finish Up

- Stir in the **black bean sauce** and **water for the sauce** (see ingredients for amount), then bring to the boil.
- Cook until the **sauce** has thickened, 1 min, then remove from the heat.
- Taste and season with **salt** and **pepper** if needed.



Fry the Beef

- Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- When the **oil** is hot, add the **beef mince** and cook until browned, 5-6 mins. Use a spoon to break it up as it cooks, then drain and discard any excess fat. **IMPORTANT:** Wash your hands and equipment after handling raw mince. The mince is cooked when no longer pink in the middle.
- Season with **salt** and **pepper**.



Serve

- Fluff up the **rice** with a fork, then share between your bowls.
- Top with the **beef and veg stir-fry**, making sure you get all the **black bean sauce** from the pan.
- Sprinkle over the **peanuts** to finish for those who'd like them.

Enjoy!