



# Beef Fried Rice

with Green Beans & Red Pepper

**CLASSIC** 30 Minutes • 1 of your 5 a day

N° 2



Basmati Rice



Green Beans



Red Pepper



Lime



Ginger



Garlic Clove



Coriander



Beef Mince



Chinese 5 Spice



Soy Sauce



Ketjap Manis

## Before you start

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

### Basic cooking tools you will need:

Measuring Jug, Saucepan, Fine Grater and Large Frying Pan.

### Ingredients

	2P	3P	4P
Water*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Green Beans**	1 small pack	1 large pack	2 small packs
Red Pepper**	1	2	2
Lime**	1	1	1
Ginger**	1	1½	2
Garlic Clove**	1 clove	2 cloves	2 cloves
Coriander**	1 bunch	1 bunch	1 bunch
Beef Mince**	240g	360g	480g
Chinese 5 Spice	½ pot	¾ pot	1 pot
Soy Sauce <b>11) 13)</b>	1 sachet	1 sachet	2 sachets
Ketjap Manis <b>11) 13)</b>	1 sachet	2 sachets	2 sachets
Sugar*	1 tsp	1½ tsp	2 tsp

\*Not Included \*\* Store in the Fridge

### Nutrition

	Per serving	Per 100g
for uncooked ingredients	432g	100g
Energy (kJ/kcal)	2586 /618	599 /143
Fat (g)	19	5
Sat. Fat (g)	8	2
Carbohydrate (g)	79	18
Sugars (g)	14	3
Protein (g)	33	8
Salt (g)	2.60	0.60

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

**11) Soya 13) Gluten**

Wash your hands before and after handling ingredients.

Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

### Contact

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The Fresh Farm  
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## 1. Cook the Rice

Pour the **water** for the rice (see ingredients for amount) into a saucepan and bring to the boil. When boiling, 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).



## 4. Stir-fry the Veg

Return the now empty frying pan to medium-high heat (add another splash of oil if dry!). Once hot, add the **pepper**, **green beans** and a small splash of **water** to help them cook. Stir-fry for 4-5 mins until tender. Stir in the **ginger** and **garlic**. Cook for 1 minute then stir in the **soy sauce**, **ketjap manis** and **sugar** (see ingredients for amount).



## 2. Chop the Veg

Meanwhile, trim the **green beans** then chop into thirds. Halve the **pepper** and discard the core and seeds. Slice into thin strips. Zest and quarter the **lime**. Peel and grate the **ginger**. Peel and grate the **garlic** (or use a garlic press). Roughly chop the **coriander** (stalks and all).



## 5. Combine

Add the **beef mince** back into the pan and stir in the **cooked rice**. Toss to combine and continue to cook until piping hot, 2-3 mins. Once hot, remove the pan from the heat and stir in the **lime zest**, **juice** from **half** the **lime** and **half** the **coriander**.



## 3. Cook the Mince

Heat a splash of **oil** in a large frying pan over medium-high heat. Add the **mince** and **Chinese 5 spice** and stir-fry until browned, 6-8 mins, breaking it up with a wooden spoon as it cooks. When the **beef** is cooked, drain off any excess fat and transfer to a small bowl and set to one side. Keep the pan! **IMPORTANT: The mince is cooked when it is no longer pink in the middle.**



## 6. Time to Eat!

Divide the **fried rice** between your bowls and sprinkle over the remaining **coriander**. Serve with the remaining **wedges of lime** on the side, to squeeze on top.

**Enjoy!**

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.