



Beef Fried Rice

with Green Beans & Pepper

Classic 30 Minutes • 1 of your 5 a day

2



Basmati Rice



Green Beans



Bell Pepper



Lime



Ginger



Garlic Clove



Coriander



Beef Mince



Chinese Five-Spice



Soy Sauce



Ketjap Manis

Before you start

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

Cooking tools, you will need:

Measuring Jug, Saucepan, Fine Grater (or Garlic Press) and Frying Pan.

Ingredients

	2P	3P	4P
Water*	300	450	600
Basmati Rice	150g	225g	300g
Green Beans**	1 small pack	1 large pack	2 small packs
Bell Pepper***	1	2	2
Lime**	1	1	1
Ginger**	1 piece	1½ pieces	2 pieces
Garlic Clove**	1 clove	2 cloves	2 cloves
Coriander**	1 bunch	1 bunch	1 bunch
Beef Mince**	240g	360g	480g
Chinese Five-Spice	½ pot	¾ pot	1 pot
Soy Sauce 11 13	1 sachet	1 sachet	2 sachets
Ketjap Manis 11 13	1 sachet	2 sachets	2 sachets
Sugar*	1 tsp	1½ tsp	2 tsp

*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	439g	100g
Energy (kJ/kcal)	2655 /635	605 /145
Fat (g)	20	4
Sat. Fat (g)	8	2
Carbohydrate (g)	83	19
Sugars (g)	17	4
Protein (g)	33	8
Salt (g)	1.28	0.29

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

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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HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

You can recycle me!



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).



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).



Cook the Mince

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



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).



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**.



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 over the 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.