



Five Spice Beef Fried Rice with Green Beans

Classic 25-30 Minutes • Medium Spice • 1 of your 5 a day

5



Basmati Rice



Green Beans



Carrot



Lime



Ginger



Garlic Clove



Coriander



Beef Mince



Chinese Five Spice



Chicken Stock Paste



Soy Sauce



Ketjap Manis



Chilli Flakes

Pantry Items
Sugar

Before you start

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

Cooking tools

Saucepan, lid, zester, grater, garlic press, frying pan and bowl.

Ingredients

	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Green Beans**	150g	200g	300g
Carrot**	1	2	2
Lime**	1	1	1
Ginger**	1	1½	2
Garlic Clove**	1	2	2
Coriander**	1 bunch	1 bunch	1 bunch
Beef Mince**	240g	360g	480g
Chinese Five Spice	½ sachet	¾ sachet	1 sachet
Chicken Stock Paste	10g	15g	20g
Soy Sauce (11) (13)	25ml	25ml	50ml
Ketjap Manis (11)	1 sachet	2 sachets	2 sachets
Sugar*	1 tsp	1½ tsp	2 tsp
Chilli Flakes	1 pinch	1 pinch	2 pinches

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	413g	100g
Energy (kJ/kcal)	2753/658	667/159
Fat (g)	21	5
Sat. Fat (g)	9	2
Carbohydrate (g)	82	20
Sugars (g)	16	4
Protein (g)	35	9
Salt (g)	4.40	1.07

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

11) Soya 13) Cereals containing gluten

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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Cook the Rice

Pour the **cold water for the rice** (see ingredients for amount) into a medium saucepan with a tight-fitting lid. Stir in the **rice** and **¼ tsp salt** and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid. 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).



Stir-Fry the Veg

Pop the (now empty) frying pan on medium-high heat with a drizzle of **oil** if needed. Once hot, add the **green beans** and a splash of **water** to help them cook. Stir-fry until tender, 4-5 mins. Stir in the **ginger** and **garlic**, then cook for 1 min more. Add the **chicken stock paste**, **soy sauce**, **ketjap manis** and **sugar** (see ingredients for amount), then stir together until combined.



Chop the Veg

Meanwhile, trim the **green beans** and chop into thirds. Trim and coarsely grate the **carrot** (no need to peel). 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).



Combine and Stir

Once the **rice** is cooked, add the **beef mince** back into the **veg** pan and stir through 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 **grated carrot**, **lime zest**, **juice** from **half** the **lime** and **half** the **coriander**.



Brown the Mince

Heat a drizzle of **oil** in a large frying pan on medium-high heat. Once the **oil** is hot, add the **beef** and **Chinese Five Spice** and stir-fry until browned, 6-8 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 it is no longer pink in the middle. Transfer the **beef** to a small bowl and set aside.



Serve

Share the **beef fried rice** between your bowls and sprinkle over the remaining **coriander**. Finish with some **chilli flakes** (use less if you don't like heat) and serve with the remaining **wedges of lime** alongside for squeezing over.

Enjoy!