

# **Hoisin Beef**

with Pak Choi, Sugar Snap Peas and Fluffy Rice

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

















Garlic Clove





Basmati Rice









Thai Style Spice Blend

Chicken Stock Paste







## Before you start

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

## Cooking tools

Garlic press, zester, saucepan, lid, frying pan and bowl. Ingredients

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	2P	3P	4P	
Pak Choi**	1	2	2	
Sugar Snap Peas**	150g	150g	150g	
Garlic Clove**	1	2	2	
Lime**	1/2	3/4	1	
Water for the Rice*	300ml	450ml	600ml	
Basmati Rice	150g	225g	300g	
Beef Mince**	240g	360g	480g	
Thai Style Spice Blend <b>3)</b>	1 sachet	1 sachet	2 sachets	
Chicken Stock Paste	10g	15g	20g	
Water for the Beef*	100ml	150ml	200ml	
Hoisin Sauce 11)	64g	96g	128g	
Honey	1 sachet	2 sachets	2 sachets	

#### Nutrition

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

	Per serving	Per 100g
for uncooked ingredient	403g	100g
Energy (kJ/kcal)	2825 /675	702/168
Fat (g)	22	5
Sat. Fat (g)	9	2
Carbohydrate (g)	86	21
Sugars (g)	22	5
Protein (g)	36	9
Salt (g)	2.71	0.67

Nutrition for uncooked ingredients based on 2 person recipe.

## **Allergens**

3) Sesame 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

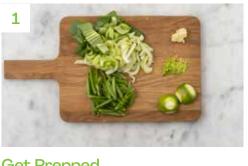
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## **Get Prepped**

Trim the **pak choi** then thinly slice widthways. Halve the sugar snap peas lengthways. Peel and grate the garlic (or use a garlic press). Zest and halve the lime.



#### Cook the Rice

Pour the cold water for the rice (see ingredients for amount) into a medium saucepan with a tightfitting lid. Stir in the rice and 1/4 tsp salt and bring to the boil on medium-high heat. 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).



# Fry the Mince

Heat a drizzle of oil in a 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. Season with salt and pepper. IMPORTANT: Wash your hands and equipment after handling raw mince. The mince is cooked when no longer pink in the middle.



#### Finish the Beef

Once the **mince** is browned, lower the heat, then add the **pak choi**. Cook until softened, 4-5 mins, stirring occasionally. Stir in the garlic, Thai style spice blend (be careful, it's hot - add less if you don't like heat) and chicken stock paste. Add the water for the beef (see ingredients for amount) and sugar snap peas, then stir well. Simmer, stirring frequently, until the liquid has reduced by half and the sugar snap peas are tender, 4-5 mins.



## Fluff the Rice

When the **beef** and **veg** are cooked, stir through the **hoisin sauce**, **honey** and a squeeze of **lime** juice. TIP: If your honey has hardened, pop it in a bowl of hot water for 1 min. Remove from the heat, then taste and season with salt, pepper and sugar if necessary. Fluff up the rice with a fork and stir through the lime zest.



## Finish and Serve

Share the **rice** between your bowls and serve the hoisin beef on top. Chop the remaining lime into wedges and serve alongside for anyone who likes things extra zesty.

## Enjoy!