



# Hoisin Beef

with Pak Choi, Green Beans and Zesty Rice

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

2



Pak Choi



Green Beans



Garlic Clove



Lime



Basmati Rice



Beef Mince



Thai Style  
Spice Blend



Chicken Stock Paste



Hoisin Sauce



Honey

## 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 with lid and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Pak Choi**	1	2	2
Green Beans**	80g	150g	150g
Garlic Clove**	1	2	2
Lime**	½	¾	1
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
Hoisin Sauce <b>11</b>	64g	96g	128g
Honey	1 sachet	2 sachets	2 sachets

Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Water for the Beef*	100ml	150ml	200ml

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	368g	100g
Energy (kJ/kcal)	2745 /656	747 /178
Fat (g)	20.0	5.4
Sat. Fat (g)	8.4	2.3
Carbohydrate (g)	83.8	22.8
Sugars (g)	20.2	5.5
Protein (g)	35.9	9.8
Salt (g)	2.71	0.74

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.  
Trim the **green beans** and chop into thirds.

Peel and grate the **garlic** (or use a garlic press).  
Zest and halve the **lime**.



## Add the Veg

Once the **mince** has browned, lower the heat and add the **pak choi** and **green beans**. Add a drizzle of **oil** if needed. Cook until starting to soften, 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), then stir well.

Simmer, stirring frequently, until the liquid has reduced by half and the **beans** are tender, 4-5 mins.



## 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).



## Finishing Touches

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 the **hoisin beef** from the heat, then taste and season with **salt**, **pepper** and **sugar** if needed.

Fluff up the **rice** with a fork and stir through the **lime zest**.



## Fry the Mince

Heat a large frying pan on medium-high heat (no oil).

Once hot, add the **beef mince** and fry 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.



## Serve

Share the **zesty rice** between your bowls and top with the **hoisin beef**.

Cut the remaining **lime** into **wedges** and serve alongside for squeezing over.

## Enjoy!