



# Hoisin-Style Beef

with Bok Choy, Mangetout and Fluffy Rice

Calorie Smart 30 Minutes • Medium Spice • 1 of your 5 a day

25



Bok Choy



Mangetout



Garlic Clove



Lime



Basmati Rice



Beef Mince



Thai Spice Blend



Chicken Stock Powder



Hoisin Sauce

## Before you start

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

## Cooking tools, you will need:

Chopping Board, Sharp Knife, Grater, Frying Pan, and Small Bowls.

## Ingredients

	2P	3P	4P
Bok Choy**	1	2	2
Mangetout**	80g	150g	150g
Garlic Clove**	1 clove	2 cloves	2 cloves
Lime**	½	¾	1
Water for Rice*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Beef Mince**	240g	360g	480g
Thai Spice Blend 3)	1 small pot	1 large pot	1 large pot
Chicken Stock Powder	1 sachet	2 sachets	2 sachets
Water for Beef*	100ml	150ml	200ml
Hoisin Sauce 3) 11)	1 sachet	2 sachets	2 sachets

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	341g	100g
Energy (kJ/kcal)	2513/601	738/176
Fat (g)	20	6
Sat. Fat (g)	8	2
Carbohydrate (g)	73	21
Sugars (g)	10	3
Protein (g)	33	10
Salt (g)	1.69	0.50

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

3) Sesame 11) Soya

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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## Get Prepped

Trim the **bok choy** then thinly slice widthways. Halve the **mangetout** lengthways. Peel and grate the **garlic** (or use a garlic press). Zest and halve the **lime**.



## Cook the Rice

Pour the **water** for the rice (see ingredients for amount) into a saucepan and bring back to the boil. Stir in the **rice** and  $\frac{1}{4}$  **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).



## Fry the Mince

Heat a splash of **oil** in a frying pan over high heat. Once the pan is hot, add the **beef mince** and fry until browned, breaking it up with a wooden spoon as it cooks, 4-5 mins. **IMPORTANT:** Wash your hands after handling raw meat. **TIP:** Drain any excess oil from the mince.



## Finish the Beef

Meanwhile, once the **mince** is browned, lower the heat then add the **bok choy**. Cook until softened, 4-5 mins, stirring occasionally. Next add the **garlic**, **Thai spice** (be careful it's spicy, add less if you don't like spice) and the **chicken stock powder**. Add the **water** (see ingredients for amount) and the **mangetout**, then stir everything together well. Simmer, stirring frequently until the **liquid** has reduced by half and the **mangetout** is tender, 4-5 mins. **IMPORTANT:** The beef is cooked when no longer pink in the middle.



## Finish the Rice

When the **beef** is ready, stir through the **hoisin sauce**, a squeeze of **lime juice** and a pinch of **sugar**. Remove from the heat, taste and add **salt** and **pepper** if necessary. Fluff up the **rice** with a fork and stir through the **lime zest**. Get ready to serve.



## 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!

*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.