



Hoisin Style Beef

with Bok Choy, Mangetout and Fluffy Rice

Family 30 Minutes • Medium Spice • 1 of your 5 a day

8



Bok Choy



Mangetout



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!

Cooking tools, you will need:

Zester, Garlic Press, Measuring Jug, Saucepan, Lid, Frying Pan, Wooden Spoon.

Ingredients

	2P	3P	4P
Bok Choy**	1	2	2
Mangetout**	80g	150g	150g
Garlic Clove	1	2	2
Lime**	½	¾	1
Water for the Rice*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Beef Mince**	240g	360g	480g
Thai Style Spice Blend 3)	1 sachet	1 sachet	2 sachets
Chicken Stock Paste	10g	15g	20g
Water for Beef*	100ml	150ml	200ml
Hoisin Sauce 11)	2 sachets	3 sachets	4 sachets
Honey	1 sachet	2 sachets	2 sachets

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	368g	100g
Energy (kJ/kcal)	2756 / 659	750 / 179
Fat (g)	20	6
Sat. Fat (g)	8	2
Carbohydrate (g)	85	23
Sugars (g)	21	6
Protein (g)	37	10
Salt (g)	2.71	0.74

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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Packed in the UK

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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 **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** of **salt**, cover with the lid and bring to the boil on medium-high heat. Once boiling, turn the heat down to its lowest setting. 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. **IMPORTANT:** *Wash your hands and equipment after handling raw mince.* Use a wooden spoon to break it up as it cooks. Drain and discard any excess fat from the **beef**, then season with **salt** and **pepper**. **IMPORTANT:** *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 **bok choy**. Cook until softened, 4-5 mins, stirring occasionally. Next add the **garlic**, **Thai style spice blend** (be careful, it's spicy - add less if you don't like heat) and **chicken stock paste**. Add the **water** (see ingredients for amount). Add the **mangetout** then stir everything together well. Simmer, stirring frequently until the liquid has reduced by half and the **mangetout** are tender, 4-5 mins.



Finish the Rice

When the **beef** is ready, stir through the **hoisin sauce** and **honey**, add 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, taste and season with **salt**, **pepper** and **sugar** 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.