



Hoisin Beef

with Bok Choy, Green Beans and Fluffy Rice

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

8



Bok Choy



Green Beans



Garlic Clove



Lime



Basmati Rice



Beef Mince



Thai Style Spice Blend



Chicken Stock Powder



Hoisin Sauce

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 and frying pan.

Ingredients

	2P	3P	4P
Bok Choy**	1	2	2
Green Beans**	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 Powder	1 sachet	1 sachet	2 sachets
Water for the Beef*	100ml	150ml	200ml
Hoisin Sauce 11)	2 sachets	3 sachets	4 sachets
Honey*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	367g	100g
Energy (kJ/kcal)	2779 /664	758 /181
Fat (g)	21	6
Sat. Fat (g)	9	2
Carbohydrate (g)	85	23
Sugars (g)	20	6
Protein (g)	34	9
Salt (g)	2.50	0.68

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



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 hot - add less if you don't like heat) and **chicken stock powder**. Add the **water for the beef** (see ingredients for amount) and **green beans**, then stir well. Simmer, stirring frequently, until the liquid has reduced by half and the **green 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**, 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).



Fluff the Rice

When the **beef** is ready, stir through the **hoisin sauce**, **honey** (see ingredients for amount) and a squeeze of **lime juice**. 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**.



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 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!