



Quick 'n' Sticky Beef

with Basmati Rice

RAPID 15 Minutes • Very Hot! • 1 of your 5 a day

Nº 25



Red Onion



Green Pepper



Coriander



Beef Strips



Thai Spice Blend



Hoisin Sauce



Soy Sauce



Steamed
Basmati Rice

Before you start

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

Basic cooking tools, you will need:

Frying Pan.

Ingredients

	2P	3P	4P
Red Onion**	1	1	1
Green Pepper**	1	1½	2
Coriander**	1 bunch	1 bunch	1 bunch
Beef Strips**	240g	360g	480g
Thai Spice Blend 3)	½ pot	¾ pot	1 pot
Hoisin Sauce 3) 11) 13)	2 sachets	3 sachets	4 sachets
Soy Sauce 11) 13)	1 sachet	1½ sachets	2 sachets
Steamed Basmati Rice	1 pack	1½ packs	2 packs

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	450g	100g
Energy (kJ/kcal)	2203/527	489/117
Fat (g)	16	4
Sat. Fat (g)	6	1
Carbohydrate (g)	57	13
Sugars (g)	18	4
Protein (g)	37	8
Salt (g)	4.11	0.91

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

3) Sesame 11) Soya 13) Gluten

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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HelloFresh UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

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Packed in the UK



1. Prep Time

- Halve, peel and thinly slice the **red onion**.
- Halve the **pepper** and discard the core and seeds. Slice into thin strips.
- Roughly chop the **coriander** (stalks and all).



2. Cook the Strips

- Heat a splash of **oil** in a large frying pan over high heat. When the **oil** is hot, add the **beef strips**.
- Sprinkle on the **Thai spice** (see ingredients for amounts - be careful it's hot!) and flash fry until browned but not cooked through, 2 mins. **TIP: Do this in batches if your pan is small. You want the steak to brown not stew.**

c) Transfer to a plate, wipe out the pan and return to high heat with a splash of **oil**. **IMPORTANT: The steak is safe to eat when the outside is cooked.**



3. Veg Time

- When the **oil** is hot, stir-fry the **red onions** and **peppers** until slightly softened, 2-3 mins.
- Lower the heat and stir in the **hoisin sauce** and **soy sauce**.
- Bring to a bubble and remove from the heat.



4. Cook the Rice

- Cook the **rice** according to pack instructions.



5. Finish Off

- While the **rice** cooks, return the pan to medium heat and stir in the **beef strips** you browned earlier.
- Pour in any **beef resting juices**.
- Stir-fry until everything is piping hot and then mix through the **coriander**.



6. Serve

- Share the **rice** between your bowls and spoon your **sticky beef** on top.

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.