



Quick 'n' Sticky Beef with Basmati Rice

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

12



Red Onion



Green Pepper



Coriander



Beef Strips



Thai Spice Blend



Hoisin Sauce



Soy Sauce



Steamed Basmati Rice

Before you start

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

Cooking tools, you will need:

Frying Pan.

Ingredients

	2P	3P	4P
Red Onion**	1	1	1
Green Pepper**	1	2	2
Coriander**	1 bunch	1 bunch	1 bunch
Beef Strips**	240g	360g	480g
Thai Spice Blend 3)	1 small pot	¾ large pot	1 large pot
Hoisin Sauce 3)	2 sachets	3 sachets	4 sachets
11) 13)			
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)	2220 /531	493 /118
Fat (g)	16	4
Sat. Fat (g)	6	1
Carbohydrate (g)	58	13
Sugars (g)	18	4
Protein (g)	37	8
Salt (g)	2.81	0.62

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

3) Sesame 11) Soya 13) Gluten

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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You can recycle me!



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).



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 stir-fry until browned but not cooked through, 2 mins. **TIP:** Do this in batches if your pan is small. You want the beef to brown, not stew.
- Transfer to a plate, wipe out the pan and return to high heat with a splash of **oil**. **IMPORTANT:** The beef is safe to eat when the outside is cooked.



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.



Cook the Rice

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



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**.



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.