



Quick 'n' Sticky Beef with Basmati Rice

Rapid 20 Minutes • Very Hot! • 1 of your 5 a day

12



Basmati Rice



Red Onion



Green Pepper



Coriander



Beef Strips



Thai Spice Blend



Hoisin Sauce



Soy Sauce

Before you start

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

Cooking tools, you will need:

Saucepan, Sieve, Chopping Board, Sharp Knife, Frying Pan and Plate.

Ingredients

	2P	3P	4P
Basmati Rice	150g	225g	300g
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) 11)	2 sachets	3 sachets	4 sachets
Soy Sauce 11) 13)	1 sachet	1½ sachets	2 sachets

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	400g	100g
Energy (kJ/kcal)	2571/615	642/154
Fat (g)	15	4
Sat. Fat (g)	6	1
Carbohydrate (g)	81	20
Sugars (g)	18	5
Protein (g)	39	10
Salt (g)	2.48	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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Cook the Rice

a) Bring a large saucepan of **water** to the boil with a 0.25 tsp of **salt** for the **rice**.

b) When boiling, add the **rice** and cook for 12 mins. Drain in a sieve, pop back in the pan, cover with a lid and leave to the side until ready to serve.



Prep Time

a) Meanwhile, halve, peel and thinly slice the **red onion**.

b) Halve the **pepper** and discard the core and seeds. Slice into thin strips.

c) Roughly chop the **coriander** (stalks and all).



Cook the Strips

a) Heat a splash of **oil** in a large frying pan over high heat.

b) When the **oil** is hot, add the **steak strips**.

c) Sprinkle on the **Thai spice blend** (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 steak to brown not stew. **IMPORTANT:** The steak is safe to eat when the outside is cooked.

d) Transfer to a plate, wipe out the pan and return to high heat with a splash of **oil**.



Veg Time

a) When the **oil** is hot, stir-fry the **red onions** and **peppers** until slightly softened, 2-3 mins.

b) Lower the heat and stir in the **hoisin sauce** and **soy sauce**.

c) Bring to a bubble and remove from the heat.



Finish Off

a) While the **rice** cooks, return the pan to medium heat and stir in the **beef strips** you browned earlier.

b) Pour in any **steak resting juices**.

c) Stir-fry until everything is piping hot and then mix through the **coriander**.



Serve

a) 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.