



Quick & Sticky Beef with Basmati Rice and Pepper

Family 15 Minutes • Medium Spice • 1 of your 5 a day

11



Basmati Rice



Red Onion



Bell Pepper



Coriander



Beef Steak Strips



Thai Style Spice Blend



Hoisin Sauce



Soy 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

Saucepan, lid, sieve, frying pan and plate.

Ingredients

	2P	3P	4P
Basmati Rice	150g	225g	300g
Red Onion**	1	1	1
Bell Pepper***	1	2	2
Coriander**	1 bunch	1 bunch	1 bunch
Beef Steak Strips**	240g	360g	480g
Thai Style Spice Blend 3)	1 sachet	1 sachet	2 sachets
Hoisin Sauce 11)	2 sachets	3 sachets	4 sachets
Soy Sauce 11) 13)	25ml	38ml	50ml

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

	Per serving	Per 100g
for uncooked ingredient	386g	100g
Energy (kJ/kcal)	2261/540	586/140
Fat (g)	8	2
Sat. Fat (g)	3	1
Carbohydrate (g)	83	22
Sugars (g)	18	5
Protein (g)	35	9
Salt (g)	3.76	0.98

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

3) Sesame 11) Soya 13) Gluten

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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Cook the Rice

a) Bring a large saucepan of **water** to the boil with **¼ tsp salt** for the **rice**.

b) When boiling, add the **rice** and cook for 12 mins.

c) Once cooked, drain in a sieve and pop back into 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).



Fry the Beef

a) Heat a drizzle of **oil** in a large frying pan on high heat.

b) When the **oil** is hot, add the **beef strips** and sprinkle over the **Thai style spice blend** (see ingredients for amount - add less if you don't like heat).

c) Stir-fry until browned, 1-2 mins. **TIP:** Do this in batches if your pan is small - you want the beef to brown, not stew. **IMPORTANT:** Wash your hands and equipment after handling raw meat. The beef is safe to eat when the outside is browned.

d) Once browned, transfer the **beef** to a plate and cover with foil to keep warm.



Veg Time

a) Wipe out the pan and return to high heat with a drizzle of **oil** if needed. When hot, add the **onion** and **pepper**, then stir-fry until slightly softened, 2-3 mins.

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

c) Bring to a bubble, then remove from the heat.



Finish Up

a) Just before the **rice** is cooked, return the pan to medium heat and add the **browned beef strips** back to the pan.

b) Stir-fry until everything is piping hot.

c) Remove from the heat, then stir through the **coriander**.



Serve

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

Enjoy!