

# Quick & Sticky Beef with Basmati Rice and Pepper

20 Minutes  $\cdot$  Medium Spice  $\cdot$  1 of your 5 a day





Basmati Rice





Green Pepper











Coriander

Beef Steak Strips



**Hoisin Sauce** 



Thai Style Spice Blend

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**

Kettle, saucepan, lid, sieve, frying pan and aluminum foil. **Ingredients** 

9				
	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 Steak Strips**	240g	360g	480g	
Thai Style Spice Blend <b>3)</b>	1 pot	1 pot	2 pots	
Hoisin Sauce 11)	64g	96g	128g	
Soy Sauce <b>11) 13)</b>	25ml	38ml	50ml	
***				

<sup>\*</sup>Not Included \*\*Store in the Fridge

#### Nutrition

	Per serving	Per 100g
for uncooked ingredient	387g	100g
Energy (kJ/kcal)	2223 /531	574/137
Fat (g)	7.5	1.9
Sat. Fat (g)	2.9	0.8
Carbohydrate (g)	80.4	20.8
Sugars (g)	16.1	4.2
Protein (g)	34.8	9.0
Salt (g)	4.12	1.06

Nutrition for uncooked ingredients based on 2 person recipe.

# **Allergens**

3) Sesame 11) Soya 13) Cereals containing 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.

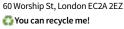
Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

#### Contact

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### Cook the Rice

- a) Boil a full kettle.
- **b)** When boiling, pour the **water** into a large saucepan with 1/4 **tsp salt** on high heat. Add the **rice** and cook for 10-12 mins.
- **c)** When cooked, drain in a sieve and pop back in the pan. Cover with a lid and leave to the side until ready to serve.



# **Get Prepped**

- **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** (add less if you don't like heat).
- c) Stir-fry until browned, 1-2 mins. TIP: Fry in batches if necessary 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.
- **b)** When hot, add the **onion** and **pepper**, then stirfry until slightly softened, 2-3 mins.
- c) Lower the heat and stir in the hoisin sauce and soy sauce. 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** to the **peppers** and **onion**.
- **b)** Stir-fry until everything is piping hot.
- c) Remove from the heat, then stir through the coriander, reserving a little for garnishing.



#### Serve

- **a)** Share the **rice** between your bowls and spoon your **sticky beef** on top.
- **b)** Sprinkle over the reserved **coriander** to finish.

# Enjoy!