



Sticky Beef Rice Bowl

with Jasmine Rice, Green Beans and Peanuts

Family 20 Minutes

11



Jasmine Rice



Beef Mince



Echalion Shallot



Green Beans



Garlic Clove



Salted Peanuts



Massaman Curry Paste



Soy Sauce



Ketjap Manis

Pantry Items
Sugar

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, sieve, lid and frying pan.

Ingredients

Ingredients	2P	3P	4P
Jasmine Rice	150g	225g	300g
Beef Mince**	240g	360g	480g
Echalion Shallot**	1	1	2
Green Beans**	80g	150g	150g
Garlic Clove**	2	3	4
Salted Peanuts 1)	25g	40g	50g
Massaman Style Curry Paste	50g	75g	100g
Soy Sauce 11) 13)	15ml	25ml	30ml
Ketjap Manis 11)	2 sachets	3 sachets	4 sachets
Pantry	2P	3P	4P
Sugar for the Sauce*	½ tsp	1 tsp	1 tsp
Water for the Sauce*	75ml	100ml	150ml

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	339g	100g
Energy (kJ/kcal)	3122 /746	922 /220
Fat (g)	28.1	8.3
Sat. Fat (g)	9.6	2.8
Carbohydrate (g)	84.6	25.0
Sugars (g)	18.5	5.5
Protein (g)	37.6	11.1
Salt (g)	4.97	1.47

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

1) Peanut 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

- Boil a full kettle.
- When boiling, pour the **water** into a large saucepan with $\frac{1}{4}$ **tsp salt** on high heat. Add the **rice** and cook for 12-13 mins.
- Once cooked, drain in a sieve and pop back in the pan. Cover with a lid and leave to the side until ready to serve.



Add the Veg

- Once the **beef** is browned, add the **shallot** and **green beans** to the pan and stir-fry until starting to soften, 3-4 mins.
- Add the **garlic** and stir-fry for 1 min more.



Brown the Mince

- While the **rice** cooks, heat in a large frying pan on medium-high heat (no oil).
- When the pan is hot, add the **beef mince** and cook until browned, 5-6 mins. Use a spoon to break it up as it cooks, then drain and discard any excess fat. Season with **pepper**. **IMPORTANT:** Wash your hands and equipment after handling raw mince. The mince is cooked when no longer pink in the middle.



Sauce Things Up

- Stir the **massaman curry paste**, **soy sauce**, **ketjap manis**, **sugar** and **water for the sauce** (see ingredients for amount) into the pan, then bring to the boil.
- Simmer until the **sauce** has thickened and is sticky, 3-4 mins.



Prep Time

- While the **mince** cooks, halve, peel and thinly slice the **shallot**.
- Trim the **green beans** and cut into thirds.
- Peel and grate the **garlic** (or use a garlic press).
- Roughly chop the **peanuts**.



Finish and Serve

- When ready, fluff up with **rice** with a fork and share between your bowls.
- Top with the **sticky beef** and sprinkle over the **chopped peanuts** for those who'd like them.

Enjoy!