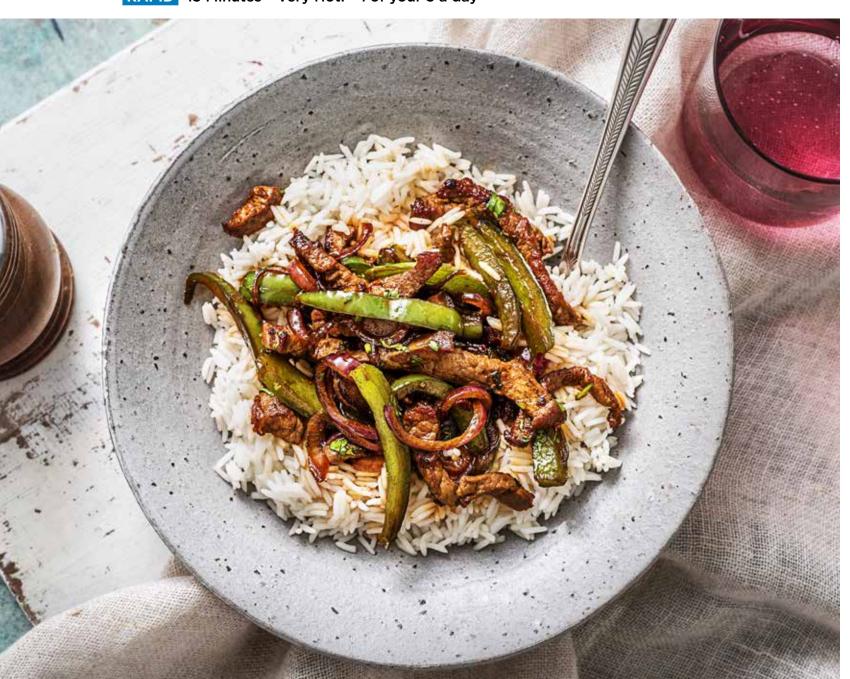


Quick 'n' Sticky Beef

with Basmati Rice

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









Red Onion



Green Pepper



Coriander





Beef Steak Strips



Thai Spice Blend





Soy Sauce



Steamed Pure Basmati Rice

Before you start

Our fruit, veggies and herbs need a wash before vou use them!

Basic cooking tools you will need:

Large Frying Pan.

Ingredients

	2P	3P	4P	
Red Onion**	1	1	1	
Green Pepper**	1	1½	2	
Coriander**	1 bunch	1 bunch	1 bunch	
Beef Steak Strips**	240g	360g	480g	
Thai Spice Blend 3)	½ pot	¾ pot	1 pot	
Hoisin Sauce 3) 11) 13)	2 sachets	3 sachets	4 sachets	
Soy Sauce 11) 13)	1 sachet	1⅓ sachets	2 sachets	
Steamed Pure Basmati Rice	1 pack	1½ packs	2 packs	
*Not Included ** Store in the Fridge				

Nutrition

Per serving	Per 100g
450g	100g
2203 /527	489/117
16	4
6	1
57	13
18	4
37	8
4.11	0.91
	450g 2203/527 16 6 57 18 37

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

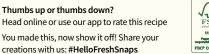
3) Sesame 11) Soya 13) Gluten

Wash your hands before and after handling ingredients. Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

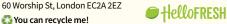
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Packed in the UK

HelloFresh UK The Fresh Farm 60 Worship St, London EC2A 2EZ





1. Prep Time

- a) 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).



2. Cook the Strips

- a) Heat a splash of oil in a large frying pan over high heat. When the oil is hot, add the steak strips
- **b)** 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 steak to brown not stew.
- c) Transfer to a plate, wipe out the pan and return to high heat with a splash of oil.



3. 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.



4. Cook the Rice

a) Cook the rice according to pack instructions.



5. 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. IMPORTANT: The steak is safe to eat when the outside is cooked.



6. Serve

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

Eniov!

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.