



# Quick 'n' Sticky Beef

with Basmati Rice

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

N°15



Red Onion



Green Pepper



Coriander



Beef Steak Strips



Thai Spice Blend



Hoisin Sauce



Soy Sauce



Steamed Pure Basmati Rice



## Before you start

Our fruit, veggies and herbs need a wash before you 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	1½ sachets	2 sachets
Steamed Pure Basmati Rice	1 pack	1½ packs	2 packs

\*Not Included \*\* Store in the Fridge

### Nutrition

	Per serving	Per 100g
for uncooked ingredients	450g	100g
Energy (kJ/kcal)	2203 / 527	489 / 117
Fat (g)	16	4
Sat. Fat (g)	6	1
Carbohydrate (g)	57	13
Sugars (g)	18	4
Protein (g)	37	8
Salt (g)	4.11	0.91

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.

### Contact

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Packed in the UK



### 1. Prep Time

- Halve, peel and thinly slice the **red onion**.
- Halve the **pepper** and discard the core and seeds. Slice into thin strips.
- Roughly chop the **coriander** (stalks and all).



### 2. Cook the Strips

- Heat a splash of **oil** in a large frying pan over high heat. When the **oil** is hot, add the **steak strips**
- 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.
- Transfer to a plate, wipe out the pan and return to high heat with a splash of **oil**.



### 3. Veg Time

- When the **oil** is hot, stir-fry the **red onions** and **peppers** until slightly softened, 2-3 mins.
- Lower the heat and stir in the **hoisin sauce** and **soy sauce**.
- Bring to a bubble and remove from the heat.



### 4. Cook the Rice

- Cook the **rice** according to pack instructions.



### 5. Finish Off

- While the rice cooks, return the pan to medium heat and stir in the **beef strips** you browned earlier.
- Pour in any **steak resting juices**.
- 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

- 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.