



# Thai Style Beef

with Peppers, Green Beans and Fluffy Rice

**Classic** 30 Minutes • Little Spice • 1 of your 5 a day

N° 2



Red Onion



Bell Pepper



Ginger



Coriander



Beef Mince



Jasmine Rice



Thai Style Spice Blend



Chicken Stock Paste



Green Beans



Lime



Ketjap Manis

## Before you start

Our fruit and veggies need a little wash before you use them!

## Cooking tools, you will need:

Cutting Board, Knife, Grater, Kettle, Frying Pan, Saucepan and Bowls.

## Ingredients

	2P	3P	4P
Red Onion**	1	1	2
Bell Pepper***	1	2	2
Ginger**	½	¾	1
Coriander**	1 bunch	1 bunch	1 bunch
Beef Mince**	240g	360g	480g
Water for the Rice*	300ml	450ml	600ml
Jasmine Rice	150 g	225 g	300 g
Thai Spice Blend 3)	1 small pot	1 large pot	1 large pot
Chicken Stock Paste	10g	15g	20g
Water for the Beef*	100ml	150ml	200ml
Green Beans**	150g	200g	300g
Lime**	½	¾	1
Ketjap Manis 11)	1 sachet	2 sachets	2 sachets
13)			

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	452g	100g
Energy (kJ/kcal)	2724 / 651	603 / 144
Fat (g)	20	4
Sat. Fat (g)	8	2
Carbohydrate (g)	81	18
Sugars (g)	17	4
Protein (g)	35	8
Salt (g)	0.66	0.15

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

3) Sesame 11) Soya 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

## Contact

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HelloFresh UK

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## Get Prepped

Halve, peel and thinly slice the **red onion**. Halve the **bell pepper**, remove the core and seeds and thinly slice. Trim the **green beans**. Peel and finely grate the **ginger**, roughly chop the **coriander** (stalks and all). Fill and boil your kettle.



## Fry the Mince

Heat a drizzle of **oil** in a frying pan over high heat. Once the pan is hot, add the **beef mince** and fry until golden brown, 4-5 mins. **IMPORTANT:** Wash your hands and equipment after handling raw mince. Use a wooden spoon to break it up as it cooks. Drain and discard any excess fat from the beef, then season with salt and **pepper**.



## Cook the Rice

Pour the cold **water** for the **rice** (see ingredients for amount) into a medium saucepan with a tight fitting lid. Stir in the **rice** and ¼ tsp of **salt**, cover with the lid and bring to the boil on medium-high heat. Once boiling, turn the heat down to its lowest setting. Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the rice will continue to cook in its own steam).



## Finish the Beef

Meanwhile, when the **mince** is browned, lower the heat then add the **red onion** and **pepper**. Cook until softened, 6-8 mins, stirring occasionally. Next add the **ginger**, **Thai spice** (be careful it's spicy, add less if you don't like spice!) and the **chicken stock paste**. Add the **water** (see ingredients for amount) and stir in the **green beans**. Simmer until the **liquid** has reduced by **half** and the **green beans** has become tender, 4-5 mins. **IMPORTANT:** The mince is cooked when no longer pink in the middle.



## Finish the Rice

While everything cooks, zest and halve the **lime**. When the **beef** is ready stir through the **ketjap manis**, a squeeze of **lime juice** and **half** the **coriander**. Remove from the heat, taste and add **salt** and **pepper** if necessary. Fluff up the **rice** with a fork and stir through the **lime zest**. Get ready to serve.



## Finish and Serve

Share the **rice** between your bowls and serve the **beef** on top. Finish with a sprinkle of the remaining **coriander**. Chop the remaining **lime** into **wedges** and serve alongside for anyone who likes things extra zesty.

## 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.