

Thai Style Beef Bowl

with Peppers, Mangetout and Zesty Rice

Classic 25-30 Minutes • Medium Spice • 2 of your 5 a day







Red Onion











Jasmine Rice

Thai Style Spice Blend





Chicken Stock Paste



Lime



Ketjap Manis

Pantry Items Oil, Salt, Pepper

Before you start

Our fruit and veggies need a little wash before you use them! Wash your hands before and after prep.

Cooking tools

Grater, frying pan, saucepan with lid and zester.

Ingredients

Ingredients	2P	3P	4P
Red Onion**	1	1	2
Bell Pepper***	1	2	2
Ginger**	1/2	3/4	1
Beef Mince**	240g	360g	480g
Jasmine Rice	150g	225g	300g
Thai Style Spice Blend 3)	1 sachet	1 sachet	2 sachets
Chicken Stock Paste	10g	15g	20g
Mangetout**	80g	150g	150g
Lime**	1/2	3/4	1
Ketjap Manis 11)	1 sachet	2 sachets	2 sachets
Pantry	2P	3P	4P

Water for the Beef* 200ml *Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be red, orange, or yellow to guarantee you get the best quality pepper.

450ml

150ml

600ml

300ml

100ml

Nutrition

Water for the Rice*

	Per serving	Per 100g		
for uncooked ingredient	433g	100g		
Energy (kJ/kcal)	2710 /648	626/150		
Fat (g)	19.3	4.5		
Sat. Fat (g)	8.4	1.9		
Carbohydrate (g)	84.6	19.5		
Sugars (g)	18.0	4.1		
Protein (g)	34.5	8.0		
Salt (g)	1.97	0.46		

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

3) Sesame 11) Soya

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.

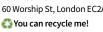
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Get Prepped

Halve, peel and thinly slice the **red onion**.

Halve the **pepper** and discard the core and seeds. Slice into thin strips.

Peel and grate the ginger. TIP: Use a teaspoon to easily scrape away the peel.



Fru the Mince

Heat a large frying pan on medium-high heat (no oil).

Once hot, add the beef mince and cook until browned, 4-5 mins. Use a spoon to break it up as it cooks. IMPORTANT: Wash your hands and equipment after handling raw mince.



Rice Time

While the beef cooks, 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 salt** and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

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).



Add the Flavour

Once the **mince** is browned, drain and discard any excess fat. Lower the heat, then add the onion and pepper to the pan. Cook until softened, 6-8 mins, stirring occasionally.

Stir in the ginger, Thai style spice blend (careful, it's hot - add less if you'd prefer things milder) and chicken stock paste, then add the water for the beef (see ingredients for amount) and mangetout.

Simmer until the liquid has reduced by half and the mangetout are tender, 4-5 mins. IMPORTANT: The mince is cooked when no longer pink in the middle.



Combine and Stir

While everything cooks, zest and halve the lime.

When the **beef** is ready, stir through the **ketjap** manis and a squeeze of lime juice. Remove from the heat, then taste and add salt and pepper if needed.

Fluff up the **rice** with a fork and stir through the lime zest.



Serve

Share the **zesty rice** between your bowls and top with the **beef stir-fry**.

Cut the remaining **lime** into **wedges** and serve alongside for squeezing over.

Enjoy!