



HOISIN BEEF

with Basmati Rice and Green Peppers



HELLO SOY SAUCE

Soy sauce was created as a way to stretch salt, historically an expensive ingredient.



Red Onion



Green Pepper



Coriander



Beef Steak Strips



Thai Spice Blend



Hoisin Sauce



Soy Sauce



Steamed Basmati Rice

MEAL BAG

15 mins

1.5 of your 5 a day

Very hot

Rapid recipe

Bursting with fresh zingy flavours from the Thai spice blend and packed with fresh good-for-you ingredients, this simple speedy recipe will take your stir-fry game to the next level. When stir-frying beef, a top tip from our chefs is not to overcrowd the frying pan or wok. Instead, make sure the pan is nice and hot and cook the beef in batches to prevent the meat from stewing.

GET PREPARED!

Get out your Utensils.

14

BEFORE YOU START

- 🔪 Get out your **Utensils**.
 - 🧼 Wash the veggies.
 - 🍴 Make sure you've got two **Large Frying Pans** and some **Kitchen Paper**.
- Let's start cooking the **Hoisin Beef with Basmati Rice and Green Peppers**.



1 DO THE PREP

- 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 STIR-FRY 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 blend** (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 with some kitchen paper and return to high heat with another splash of **oil**. **🚫 IMPORTANT: The steak strips are safe to eat when the outside are cooked.**



3 VEGGIE TIME

- When the **oil** is hot, stir-fry the **red onion** and **peppers** until slightly soft, 2-3 mins.
- Lower the heat and add the **hoisin sauce** and **soy sauce** to the pan and stir through.
- 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**.



6 SERVE

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

Enjoy!

2-4 PEOPLE INGREDIENTS

	2P	3P	4P
Red Onion *	1	1	1
Green Pepper *	1	1½	2
Coriander *	1 bunch	1 bunch	1 bunch
Beef Steak Strips *	260g	390g	520g
Thai Spice Blend 3)	½ pot	¾ pot	1 pot
Hoisin Sauce 11) 13)	2 sachets	3 sachets	4 sachets
Soy Sauce 11) 13)	1 sachet	1½ sachets	2 sachets
Steamed Basmati Rice	1 pack	1½ packs	2 packs

* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 450G	PER 100G
Energy (kJ/kcal)	2249 / 538	499 / 119
Fat (g)	16	4
Sat. Fat (g)	6	1
Carbohydrate (g)	62	14
Sugars (g)	23	5
Protein (g)	36	8
Salt (g)	3.68	0.82

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 and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

👍 THUMBS UP OR THUMBS DOWN?

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