



Carb Smart Stir-Fried Beef with Green Beans and Peppers

Carb Smart

Optional Spice

25 Minutes



Ground Beef



Green Beans



Sweet Bell Pepper



Mushrooms



Green Onions



Hoisin Sauce



Soy Sauce



Garlic, cloves



Red Chili Pepper

HELLO HOISIN SAUCE

A sweet and savoury sauce that adds an extra boost of flavour!

Start here

Before starting, wash and dry all produce.

Heat Guide for Step 3 (dbl for 4 ppl):

- Mild: ½ tsp
- Medium: ¼ tsp
- Spicy: ½ tsp
- Extra-spicy: 1 tsp

Bust out

Measuring spoons, measuring cups, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Green Beans	170 g	340 g
Sweet Bell Pepper	160 g	320 g
Mushrooms	113 g	227 g
Green Onions	2	2
Hoisin Sauce	2 tbsp	4 tbsp
Soy Sauce	1 tbsp	2 tbsp
Garlic, cloves	2	4
Red Chili Pepper 🌶️	¼ tsp	½ tsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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1 Prep

Trim, then halve **green beans**. Core, then cut **pepper** into ½-inch pieces. Thinly slice **mushrooms**. Thinly slice **green onions**. Peel, then mince or grate **garlic**. Finely chop **chili**, removing seeds for less heat. (**TIP:** We suggest using gloves when prepping chilis!)



2 Cook veggies

Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **green beans, peppers** and **mushrooms**. Cook, stirring occasionally, until **veggies** are tender, 5-6 min. Add **half the garlic**. Cook, stirring often, until fragrant, 1 min. Season with **salt** and **pepper**. Remove the pan from heat. Transfer **veggies** to a plate and cover to keep warm.



3 Start beef

Heat the same pan over medium. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **beef**. Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min.** Carefully drain and discard excess fat. Add **remaining garlic** and **¼ tsp chili**. (**NOTE:** Reference heat guide.) Cook, stirring often, until fragrant, 1 min.



4 Finish beef

Add **soy sauce, 2 tbsp hoisin sauce** and **¼ cup water** (dbl both for 4 ppl) to the pan with **beef**. Cook, stirring often, until coated, 1-2 min. Remove the pan from heat.



5 Finish and serve

Divide **veggies** between plates. Top with **beef** and any **sauce** from the pan. Sprinkle **green onions** over top.

Dinner Solved!