



# GINGER BEEF STIR-FRY

with Basmati Rice and Green Beans



## HELLO GINGER

*When ginger is pickled in sweet vinegar it turns the colour pink!*



Green Beans



Garlic Clove



Ginger



Basmati Rice



Beef Steak Strips



Soy Sauce



Oyster Sauce



Lime

MEAL BAG

30 mins

1.5 of your 5 a day

When it comes to creating amazing flavours, Chef Andre rarely gets it wrong. Fresh, zesty and with a kick of ginger goodness, the delicious sauce in this recipe is guaranteed to take your stir-fry game to new levels of greatness. Quick, easy and bursting with good-for-you ingredients, this is the ultimate quick-fix if you're a little short on time.



## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Measuring Jug, Large Saucepan** (with a **Lid**), **Fine Grater**, (or **Garlic Press**) and **Frying Pan**. Now, let's get cooking!



### 1 DO THE PREP

Boil the **water** (see ingredients for amount) in a large saucepan on medium-high heat. Trim the ends from the **green beans** and chop into thirds. Peel and grate the **garlic** (or use a garlic press). Peel and grate the **ginger**.



### 2 COOK THE RICE

When the **water** is boiling, stir in the **rice**, lower the heat to medium and pop a lid on the pan. Cook for 10 mins, then remove from the heat and set aside (still covered) for another 10 mins or until ready to serve. **★ TIP:** *The rice will finish cooking in its own steam.*



### 3 FRY THE GREEN BEANS

Heat a splash of **oil** in a frying pan on high heat. When the **oil** is hot, add the **green beans**. Cook for 2 mins. Transfer from the pan to a plate.



### 4 NOW THE STEAK

Add another splash of **oil** to the frying pan and leave on high heat. Cook the **steak strips** in batches until brown on the outside but still pink inside, 1 minute per batch. **★ TIP:** *Cooking in batches will allow the meat to caramelise rather than stew.* As each batch is done, transfer it to another plate.



### 5 MAKE THE SAUCE

Put a splash of **oil** in the now empty pan and lower the heat to medium. Add the **garlic** and **ginger**. Fry for 30 seconds. Return the **steak** and **green beans** to the pan. Add the **soy sauce**, **oyster sauce**, a squeeze of **lime juice** and a splash of **water**. Also add a pinch of **sugar** (if you have some). Cook, tossing everything in the pan, 2 mins more.



### 6 FINISH AND SERVE

Fluff up the **rice** with a fork to separate the grains. Serve it in bowls, topped with the **beef stir-fry**. **Enjoy!**

## 2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Water*	300ml	450ml	600ml
Green Beans *	1 small pack	1 large pack	2 small packs
Garlic Clove	2	2	3
Ginger	1 piece	1 piece	2 pieces
Basmati Rice	150g	225g	300g
Beef Steak Strips *	280g	420g	560g
Soy Sauce 11) 13)	1 sachet	1½ sachets	2 sachets
Oyster Sauce 4) 11)	1 pot	1½ pots	2 pots
Lime *	½	1	1

\*Not Included

\* Store in the Fridge

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 361G	PER 100G
Energy (kcal)	590	163
(kJ)	2466	683
Fat (g)	17	5
Sat. Fat (g)	9	2
Carbohydrate (g)	77	21
Sugars (g)	17	5
Protein (g)	32	9
Salt (g)	4.16	1.15

Nutrition for uncooked ingredients based on 2 person recipe.

### ALLERGENS

4) Fish 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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