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WK34
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Hoisin Beef Stir-Fry with Snow Peas & Red Capsicum

With this yummy hoisin sauce, even those not brave enough for fresh chilli will be licking the plate clean. We recommend deseeding the chilli if you're going to take it easy, but lovers of heat can whack the whole thing in and fight back the tears. It's time to revel in simple wholesome food with this tasty stir fry.

Prep: 15 mins
Cook: 25 mins
Total: 40 mins

level 1
 helping hands
 spicy

Pantry Items



Water



Vegetable Oil



Brown Rice



Hoisin Sauce



Lemon



Ginger



Garlic



Long Red Chilli



Beef Strips



Red Capsicum



Snow Peas



Bok Choy

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QTY	Ingredients
2 packets	brown rice, rinsed well
6 cups	water *
1 tub	hoisin sauce
1 tbs	hot water *
½	lemon, juiced
1 knob	ginger, peeled & grated
2 cloves	garlic, peeled & grated
1	long red chilli, deseeded & finely sliced (optional)
1 packet	beef strips
1 tbs	vegetable oil *
1	red capsicum, cut into strips
1 bag	snow peas, trimmed & destrung
1 bunch	bok choy, roughly chopped

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	2540	Kj
Protein	42.8	g
Fat, total	13.4	g
-saturated	3.6	g
Carbohydrate	73.8	g
-sugars	17.2	g
Sodium	730	mg



You will need: *chef's knife, chopping board, fine grater, medium saucepan with a lid, sieve, small bowl, large non-metallic bowl, medium bowl, large wok or frying pan, tongs and paper towel.*

1 Place the **brown rice** and **water** in a medium saucepan and bring to the boil. Cover with a lid and reduce the heat to medium. Simmer, covered, for **25-30 minutes** or until the rice is cooked. Drain the brown rice and return to the saucepan.



2 Meanwhile, in a small bowl combine the **hoisin sauce, hot water, lemon juice, ginger, garlic** and half the **long red chilli**, if using. Place the **beef strips** in a separate large non-metallic bowl and add half of the hoisin mixture. Toss to coat the beef strips in the sauce.

3 Heat a large wok or frying pan over a high heat. Add half of the **vegetable oil** and swirl to coat the wok. Cook the beef strips in batches, for **1-2 minutes**, or until just cooked. Transfer to a bowl. Wipe the wok clean with the paper towel.



4 Place the wok back over a high heat and add the remaining vegetable oil. Add the **red capsicum, snow peas** and **bok choy**. Stir fry for **2 minutes**, or until the vegetables are just tender. Return the beef to the wok with the remaining hoisin mixture. Stir fry for **1 minute**, or until heated through.



5 To serve, divide the brown rice between bowls and top with the stir-fry. Add the leftover chilli if you like.

Did you know? The word “hoisin” originates from the Chinese word for seafood, even though this sauce does not contain fish.