



Five Spice Beef Fried Rice

with Green Beans & Pepper

Family Eat Me Early • Hands On Time: 20 Minutes • Total Time: 30 Minutes

8



Basmati Rice



Green Beans



Bell Pepper



Lime



Ginger



Garlic Clove



Coriander



Beef Mince



Chinese Five Spice



Chicken Stock Powder



Soy Sauce



Ketjap Manis

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Measuring Jug, Saucepan, Garlic Press, Frying Pan, Wooden Spoon, Bowl.

Ingredients

	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Green Beans**	150g	200g	300g
Bell Pepper***	1	2	2
Lime**	1	1	1
Ginger**	1 piece	1½ pieces	2 pieces
Garlic Clove	1	2	2
Coriander**	1 bunch	1 bunch	1 bunch
Beef Mince**	240g	360g	480g
Chinese Five Spice	½ pot	¾ pot	1 pot
Chicken Stock Powder	1 sachet	2 sachets	2 sachets
Soy Sauce 11 13	1 sachet	1 sachet	2 sachets
Ketjap Manis 11 13	1 sachet	2 sachets	2 sachets
Sugar*	1 tsp	1½ tsp	2 tsp

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

Nutrition

	Per serving	Per 100g
for uncooked ingredient	443g	100g
Energy (kJ/kcal)	2702 /646	456 /109
Fat (g)	20	3
Sat. Fat (g)	8	1
Carbohydrate (g)	85	14
Sugars (g)	17	3
Protein (g)	34	6
Salt (g)	2.03	0.34

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

11) Soya **13**) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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HelloFresh UK

Packed in the UK

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 You can recycle me!



Cook the Rice

Pour the **water** for the **rice** (see ingredients for amount) into a saucepan and bring to the boil. When boiling, lower the heat to medium and pop a lid on the pan. 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).



Chop the Veg

Meanwhile, trim the **green beans** then chop into **thirds**. Halve the **pepper** and discard the core and seeds. Slice into thin strips. Zest and quarter the **lime**. Peel and grate the **ginger**. Peel and grate the **garlic** (or use a garlic press). Roughly chop the **coriander** (stalks and all).



Cook the Mince

Heat a splash of **oil** in a large frying pan over medium-high heat. Add the **mince** and **five spice** and stir-fry until browned, 6-8 mins, breaking it up with a wooden spoon as it cooks. **IMPORTANT:** *The mince is cooked when it is no longer pink in the middle.* When the **beef** is cooked, drain off any excess fat, transfer to a small bowl and set to one side. Keep the pan!



Stir-fry the Veg

Return the now empty frying pan to medium-high heat (add another splash of oil if dry!). Once hot, add the **pepper**, **green beans** and a small splash of **water** to help them cook. Stir-fry for 4-5 mins until tender. Stir in the **ginger** and **garlic**. Cook for 1 minute then stir in the **chicken stock**, **soy sauce**, **ketjap manis** and **sugar** (see ingredients for amount).



Combine

Add the **beef mince** back into the pan and stir in the cooked **rice**. Toss to combine and continue to cook until piping hot, 2-3 mins. Once hot, remove the pan from the heat and stir in the **lime zest**, **juice** from **half** the **lime** and **half** the **coriander**.



Time to Eat

Divide the **fried rice** between your bowls and sprinkle over the remaining **coriander**. Serve with the remaining **wedges** of **lime** on the side to squeeze on top.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.