



Everything But The Chef

HelloFresh.com.au

hello@hellofresh.com.au | 02 81 888 722

WK52
2015



Share your masterpiece to enter into our weekly photo contest! Simply post your delicious pic on with #HelloFreshAU

Hoisin Beef Stir Fry

After mountains of turkey, it's time to get back to basics with some crunchy, fresh veg in red and green. With this yummy hoisin sauce, even those not brave enough for fresh chilli will be licking the plate clean. We also recommend deseeding the chilli if you're going to pop it in, but real lovers of heat can whack the whole thing in and fight back the tears. It's time to take stock and revel in simple wholesome food with this stir fry.

Prep: 15 mins
Cook: 30 mins
Total: 45 mins

level 1

spicy

Pantry Items

Water
 Vegetable Oil



Brown Rice



Hoisin Sauce



Lemon



Ginger



Garlic



Long Red Chilli



Beef Strips



Brown Onion



Red Capsicum



Snow Peas



Bok Choy

Qty	Ingredients
1 ½ cups	brown rice
3 cups	water *
4 tbs	hoisin sauce
1 tbs	hot water *
½	lemon, juiced ⊕
1 knob	ginger, peeled & finely grated
2 cloves	garlic, peeled & crushed
1	long red chilli, deseeded & chopped (optional)
600 g	beef strips
1 tbs	vegetable oil *
1	brown onion, finely sliced
1	red capsicum, cut into strips
½ bag	snow peas, trimmed & destring ⊕
4-6	bok choy, quartered A

⊕ May feature in another recipe

* Pantry Items

Servings per recipe: 4

Nutrition per serve

Energy	2310	Kj
Protein	42.2	g
Fat, total	11.4	g
-saturated	3.3	g
Carbohydrate	65.8	g
-sugars	18.2	g
Sodium	732	mg



You will need: *chef's knife, chopping board, fine grater, garlic crusher, sieve, medium pot, small bowl, large non-metallic bowl, large wok/ frying pan, and a paper towel.*

1 Place the **brown rice** into a sieve and rinse it with cold tap water until the water becomes clear enough. Place the rice and **water** in a medium pot 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 soft and the water is absorbed.



2 Meanwhile, in a small bowl combine the **hoisin sauce, hot water, lemon juice, ginger, garlic** and half the **long red chilli**. Place the **beef strips** in a separate large non-metallic bowl and add half of the hoisin mixture. Toss to coat and set aside for **15 minutes**. (This is a good time to prepare the vegetables).



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

4 Place the wok back over a high heat and add the remaining oil. Add the **brown onion, 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 Serve the stir fry with the brown rice and 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.