HELLO FRESH

Spiced Hoisin Beef
with Pak Choi, Mangetout and Zesty Rice

Family · 25-30 Minutes · Medium Spice · 1 of your 5 a day

Pak Choi

Mangetout

Garlic Clove

Lime

Basmati Rice

Beef Mince

Thai Style Spice Blend

Soy Sauce

Hoisin Sauce

Honey

Pantry Items
Oil, Salt, Pepper

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Garlic press, fine grater, saucepan, lid and frying pan.

Ingredients

Ingredients	2P	3P	4P
Pak Choi**	1	2	2
Mangetout**	80g	150g	150g
Garlic Clove**	1	2	2
Lime**	½	¾	1
Basmati Rice	150g	225g	300g
Beef Mince**	240g	360g	480g
Thai Style Spice Blend 3)	1 sachet	1 sachet	2 sachets
Soy Sauce 11) 13)	15ml	25ml	30ml
Hoisin Sauce 11)	64g	96g	128g
Honey	15g	30g	30g

Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Water for the Beef*	50ml	75ml	100ml

*Not Included **Store in the Fridge*

Nutrition

Typical Values for uncooked ingredient	Per serving 372g	Per 100g 100g
Energy (kJ/kcal)	2771 /662	746 /178
Fat (g)	21.2	5.7
Sat. Fat (g)	8.6	2.3
Carbohydrate (g)	84.2	22.7
Sugars (g)	20.3	5.5
Protein (g)	37.6	10.1
Salt (g)	3.26	0.88

Nutrition for uncooked ingredients based on 2 person recipe. Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

3) Sesame **11)** Soya **13)** Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

Let us know what you think!
Share your creations with #HelloFreshSnaps
Head to hellofresh.co.uk or use our app to rate this recipe

HelloFresh UK
Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

♻ **You can recycle me!**

FSC MIX
FSC® C009859

1

Get Prepped

Trim the **pak choi**, then thinly slice widthways. Halve the **mangetout** lengthways.

Peel and grate the **garlic** (or use a garlic press). Zest and halve the **lime** (see ingredients for amount).

2

Cook the Rice

Pour the **water for the rice** (see pantry for amount) into a medium saucepan with a tight-fitting lid.

Stir in the **rice** and **¼ tsp salt** and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

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).

3

Fry the Mince

Heat a large frying pan on medium-high heat (no oil).

Once hot, add the **beef mince** and fry until browned, 5-6 mins. Use a spoon to break it up as it cooks, then drain and discard any excess fat.

Season with **salt** and **pepper**. **IMPORTANT:** *Wash your hands and equipment after handling raw mince. It's cooked when no longer pink in the middle.*

4

Add the Veg

Once the **mince** has browned, lower the heat.

Stir in the **garlic**, **Thai style spice blend** (add less if you'd prefer things milder) and **soy sauce**. Add the **water for the beef** (see pantry for amount), **pak choi** and **mangetout**, then stir well.

Simmer, stirring frequently, until the liquid has reduced by half and the **mangetout** are tender, 4-5 mins.

5

Bring on the Hoisin

When the **beef** and **veg** are cooked, stir through the **hoisin sauce**, **honey** and a squeeze of **lime juice**. **TIP:** *If your honey has hardened, pop it in a bowl of hot water for 1 min.*

Remove the **hoisin beef** from the heat, then taste and season with **salt**, **pepper** and a pinch of **sugar** if needed.

Fluff up the **rice** with a fork and stir through the **lime zest**.

6

Serve

Share the **zesty rice** between your bowls and top with the **hoisin beef**.

Cut the remaining **lime** into **wedges** and serve alongside for squeezing over.

Enjoy!