



Hoisin Beef & Garlic Rice Bowl

with Lime & Mint

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Carrot



Broccolini



Lime



Mint



Hoisin Sauce



Beef Mince

 Hands-on: **30-40** mins
Ready in: **30-40** mins

This sizzling hoisin-infused beef bowl is a joy unparalleled. Simplicity is the winner here, with a garnish of mint and a squeeze of fresh lime being the crowning glory on this quick and easy weeknight winner.

Unfortunately, this week's Asian greens were in short supply, so we've replaced them with broccolini. Don't worry, the recipe will be just as delicious!

Pantry items

Olive Oil, Butter, Soy Sauce

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
butter*	20g	40g
basmati rice	1 packet	2 packets
water* (for the rice)	1½ cup	3 cups
salt*	¼ tsp	½ tsp
carrot	1	2
broccolini	1 bunch	2 bunches
lime	1	2
mint	1 bunch	1 bunch
soy sauce*	1 tbs	2 tbs
water* (for the sauce)	1 tbs	2 tbs
hoisin sauce	1 packet	2 packets
beef mince	1 packet	1 packet

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2650kJ (633Cal)	684kJ (163Cal)
Protein (g)	33.1g	8.6g
Fat, total (g)	18.3g	4.7g
- saturated (g)	9.3g	2.4g
Carbohydrate (g)	80.2g	20.7g
- sugars (g)	18.4g	4.7g
Sodium (g)	1510mg	389mg

Allergens

Please visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes) for allergen information. If you have received a substitute ingredient, please be aware allergens may have changed. Always read product labels for the most up-to-date allergen information.



1. Make the garlic rice

Finely chop the **garlic** (or use a garlic press). In a medium saucepan, melt the **butter** with a **dash** of **olive oil** over a medium heat. Add the **garlic** and cook until fragrant, **1-2 minutes**. Add the **basmati rice**, **water (for the rice)** and the **salt** and bring to the boil. Reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.

TIP: The rice will finish cooking in its own steam so don't peek!



2. Get prepped

Thinly slice the **carrot** (unpeeled) into half-moons. Cut the **broccolini** into 2cm pieces. Zest the **lime** to get a **generous pinch**, then slice into wedges. Pick and roughly chop the **mint leaves**.



3. Make the sauce

In a small bowl, combine the **soy sauce**, **water (for the sauce)**, **hoisin sauce** and a **generous squeeze** of **lime juice**. Set aside.



4. Cook the veggies

In a large frying pan, heat a **drizzle** of **olive oil** over a medium-high heat. Add the **carrot** and **broccolini** and cook until just softened, **3-4 minutes**. Add the **lime zest** and cook until fragrant, **1 minute**. Season with a **pinch** of **salt** and **pepper**. Transfer to a bowl and cover to keep warm.



5. Cook the beef

Return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. Add the **beef mince** and cook, breaking up with a spoon, until just browned, **4-5 minutes**. Add the **hoisin sauce mixture** and cook until fragrant and heated through, **1-2 minutes**.



6. Serve up

Divide the garlic rice, veggies and hoisin beef between bowls. Garnish with the mint and serve with any remaining lime wedges.

Enjoy!