



GINGER BEEF STIR-FRY

with Basmati Rice and Green Beans



HELLO GINGER

When ginger is pickled in sweet vinegar it turns the colour pink!



Green Beans



Garlic Clove



Ginger



Basmati Rice



Beef Steak Strips



Soy Sauce



Oyster Sauce



Lime

MEAL BAG

30 mins

1.5 of your 5 a day

When it comes to creating amazing flavours, Chef Andre rarely gets it wrong. Fresh, zesty and with a kick of ginger goodness, the delicious sauce in this recipe is guaranteed to take your stir-fry game to new levels of greatness. Quick, easy and bursting with good-for-you ingredients, this is the ultimate quick-fix if you're a little short on time.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Measuring Jug, Large Saucepan** (with a **Lid**), **Fine Grater**, (or **Garlic Press**) and **Frying Pan**. Now, let's get cooking!



1 DO THE PREP

Boil the **water** (see ingredients for amount) in a large saucepan on medium-high heat. Trim the ends from the **green beans** and chop into thirds. Peel and grate the **garlic** (or use a garlic press). Peel and grate the **ginger**.



2 COOK THE RICE

When the **water** is boiling, stir in the **rice**, lower the heat to medium and pop a lid on the pan. Cook for 10 mins, then remove from the heat and set aside (still covered) for another 10 mins or until ready to serve. ★ **TIP:** *The rice will finish cooking in its own steam.*



3 FRY THE GREEN BEANS

Heat a splash of **oil** in a frying pan on high heat. When the **oil** is hot, add the **green beans**. Cook for 2 mins. Transfer from the pan to a plate.



4 NOW THE STEAK

Add another splash of **oil** to the frying pan and leave on high heat. Cook the **steak strips** in batches until brown on the outside but still pink inside, 1 minute per batch. ★ **TIP:** *Cooking in batches will allow the meat to caramelise rather than stew.* As each batch is done, transfer it to another plate.



5 MAKE THE SAUCE

Put a splash of **oil** in the now empty pan and lower the heat to medium. Add the **garlic** and **ginger**. Fry for 30 seconds. Return the **steak** and **green beans** to the pan. Add the **soy sauce**, **oyster sauce**, a squeeze of **lime juice** and a splash of **water**. Also add a pinch of **sugar** (if you have some). Cook, tossing everything in the pan, 2 mins more.



6 FINISH AND SERVE

Fluff up the **rice** with a fork to separate the grains. Serve it in bowls, topped with the **beef stir-fry**. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Water*	300ml	450ml	600ml
Green Beans *	1 small pack	1 large pack	2 small packs
Garlic Clove	2	2	3
Ginger	1 piece	1 piece	2 pieces
Basmati Rice	150g	225g	300g
Beef Steak Strips *	280g	420g	560g
Soy Sauce 11) 13)	1 sachet	1½ sachets	2 sachets
Oyster Sauce 4) 11)	1 pot	1½ pots	2 pots
Lime *	½	1	1

*Not Included

* Store in the Fridge

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 361G	PER 100G
Energy (kcal)	590	163
(kJ)	2466	683
Fat (g)	17	5
Sat. Fat (g)	9	2
Carbohydrate (g)	77	21
Sugars (g)	17	5
Protein (g)	32	9
Salt (g)	4.16	1.15

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

4) Fish 11) Soya 13) Gluten

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

👍 THUMBS UP OR THUMBS DOWN?

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