



## Hoisin Beef Stir Fry

with Bok Choy, Snow Peas, and Bell Peppers

We've said it once and we'll say it again: stir-frying is a great technique for getting dinner on the table quick! Today, we're using a colorful medley of bell pepper, bok choy, and snow peas for crunch. Ginger, garlic, lemon, and hoisin create a sweet and sour sauce that you'll be licking off the plate.



**Prep:** 15 min  
**Total:** 30 min



level 1



*nut free*



*gluten free*



*dairy free*



Beef  
Tenderloin Tips



Brown Rice



Hoisin Sauce



Lemon



Ginger



Garlic



Yellow Onion



Red Bell  
Pepper



Snow Peas



Bok Choy

## Ingredients

Beef Tenderloin Tips	16 oz
Brown Rice	1 ½ Cups
Hoisin Sauce	4 T
Lemon	1
Ginger	1 Thumb
Garlic	2 Cloves
Yellow Onion	1
Red Bell Pepper	1
Snow Peas	8 oz
Bok Choy	2
Olive Oil *	2 T

## 4 People

\*Not Included

## Allergens

1) Soy

## Tools

Large pot, Strainer, Peeler, Large bowl, Small bowl, Large pan

**Nutrition per person** Calories: 666 cal | Fat: 19 g | Sat. Fat: 4 g | Protein: 41 g | Carbs: 88 g | Sugar: 18 g | Sodium: 556 mg | Fiber: 12 g

Ruler

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2



**1 Cook the rice:** Bring a large pot of **salted water** and the **brown rice** to a boil. Cook for about 25 minutes, until tender. Drain like pasta.

**2 Prep the veggies:** **Wash and dry all produce.** Peel and mince the **ginger**. Mince or grate the **garlic**. Halve, peel, and dice the **onion**. Core, seed, and thinly slice the **bell pepper**. Trim the **bok choy**, then cut into 1-inch pieces. Separate the leaves and discard the white root end.

3



**3 Marinate the beef:** Juice the **lemon** into a large bowl. Add in the **ginger, garlic, 4 Tablespoons hoisin sauce**, a large drizzle of **olive oil**, and a large pinch of **salt and pepper**. Set half this marinade aside in a smaller bowl. Toss the **tenderloin tips** into the bowl and stir to combine. Season generously with **salt and pepper**.

3



**4 Cook the beef:** Heat a large drizzle of **olive oil** in a large pan over high heat. Add the **marinated beef** to the pan and cook, tossing for 2-3 minutes, until browned. Remove from the pan and set aside.

**5 Cook the veggies:** Heat another large drizzle of **olive oil** in the same pan over medium-high heat. Add the **onions, bell peppers, bok choy, and snow peas**, and cook, tossing until the veggies are just tender, for about 6-7 minutes. Season with **salt and pepper**. Add the **beef** and reserved **marinade** and toss for another 1-2 minutes, until heated through. Season with **salt and pepper**.

4



**6 Plate:** Serve the **hoisin beef stir-fry** on a bed of **brown rice** and dig in!

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