



# Hoisin Style Beef

with Bok Choy, Bell Pepper and Fluffy Rice

Calorie Smart 30 Minutes • Medium Spice • 1 of your 5 a day

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Bok Choy



Bell Pepper



Garlic Clove



Lime



Basmati Rice



Beef Mince



Thai Style Spice Blend



Chicken Stock Paste



Hoisin Sauce



Honey

## Before you start

Our fruit and veggies need a little wash before you use them!

## Cooking tools, you will need:

Garlic Press, Zester, Saucepan with Lid and Frying Pan.

## Ingredients

	2P	3P	4P
Bok Choy**	1	2	2
Bell Pepper***	1	2	2
Garlic Clove**	1	2	2
Lime**	½	¾	1
Water for the Rice*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Beef Mince**	240g	360g	480g
Thai Style Spice Blend <b>3</b>	1 sachet	1 sachet	2 sachets
Chicken Stock Paste	10g	15g	20g
Water for the Beef*	100ml	150ml	200ml
Hoisin Sauce <b>11</b>	2 sachets	3 sachets	4 sachets
Honey	1 sachet	2 sachets	2 sachets

\*Not Included \*\*Store in the Fridge \*\*\*Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>413g</b>	<b>100g</b>
Energy (kJ/kcal)	2828 /676	685 /164
Fat (g)	22	5
Sat. Fat (g)	9	2
Carbohydrate (g)	88	21
Sugars (g)	23	6
Protein (g)	34	8
Salt (g)	2.70	0.66

Nutrition for uncooked ingredients based on 2 person recipe.  
**PersonalPoints™ values based on low-cal cooking spray oil.**

## Allergens

3) Sesame 11) Soya

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

**Having trouble with your WW QR code?** You can type this recipe name into the search bar in the WW app to see your unique PersonalPoints™ value.

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## Get Prepped

Trim the **bok choy** then thinly slice widthways.

Halve the **pepper** and discard the core and seeds. Slice into thin strips. Peel and grate the **garlic** (or use a garlic press).

Zest and halve the **lime**.



## Finish the Beef

Meanwhile, once the **mince** is browned, lower the heat then add the **bok choy** and **bell pepper**. Cook until softened, 4-5 mins, stirring occasionally.

Next, add the **garlic**, **Thai style spice blend** (be careful, it's hot - add less if you don't like heat) and **chicken stock paste**.

Add the **water for the beef** (see ingredients for amount) and stir everything together well. Simmer, stirring frequently, until the liquid has reduced by half, 4-5 mins.

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## Cook the Rice

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

Stir in the **rice** and **¼ tsp salt**, cover with the lid and bring to the boil on medium-high heat. Once boiling, turn the heat down to its lowest setting.

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).



## Finish the Rice

When the **beef** is ready, 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 from the heat, then taste and season with **salt**, **pepper** and **sugar** if necessary.

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



## Fry the Mince

Heat a drizzle of **oil** in a frying pan on medium-high heat.

When the **oil** is hot, add the **beef mince** and cook 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. The mince is cooked when no longer pink in the middle.



## Finish and Serve

Share the **rice** between your bowls and serve the **hoisin beef** on top.

Chop the remaining **lime** into wedges and serve alongside for anyone who likes things extra zesty.

Enjoy!

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:**

You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.