



SPEEDY THAI SEVEN-SPICE BEEF STIR-FRY

with Basmati Rice



Add honey and hoisin to beef for a fast dinner



Beef Strips



Thai Seven Spice Blend



Red Capsicum



Asian Greens



Garlic



Hoisin Sauce



Microwaveable Basmati Rice

Pantry Staples: Olive Oil, Honey

Hands-on: **20 mins**
Ready in: **20 mins**

Low calorie

Naturally gluten-free
Not suitable for Coeliacs

Twenty minutes is all you need to whip up this flavoursome stir-fry, with colourful veggies and tender beef. Using quick-cooking beef strips, plus handy microwave rice means that dinner takes less time than an episode of your favourite show!

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **large frying pan**



1 ADD FLAVOUR TO THE BEEF

In a medium bowl, combine the **beef strips**, **Thai seven spice blend**, the **salt** and a **drizzle of olive oil**.



2 GET PREPPED

Thinly slice the **red capsicum**. Roughly chop the **Asian greens**. Finely chop the **garlic** (or use a garlic press).



3 COOK THE VEGGIES

In a large frying pan, heat a **drizzle of olive oil** over a medium-high heat. When the oil is hot, add the **red capsicum**, **Asian greens** and **garlic** and cook, stirring, for **3-4 minutes**, or until softened. Transfer to a plate.

TIP: Add a splash of water to the pan to help the **Asian greens** cook evenly.



4 COOK THE BEEF

Return the frying pan to a high heat with a **drizzle of olive oil**. Once hot, add **1/2 the beef strips** and cook, tossing, for **1-2 minutes**, or until browned and cooked through. Transfer to the plate with the vegetables and repeat with the remaining beef strips.

TIP: *Cooking the meat in batches over a high heat keeps it tender.* Return the vegetables and beef strips to the pan with the **hoisin sauce** and **honey** and cook, stirring, for **1 minute**, or until warmed through.



5 HEAT THE RICE

Heat the **microwaveable basmati rice** according to the packet instructions.



6 SERVE UP

Divide the basmati rice between bowls and top with the Thai seven-spice beef stir fry.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
beef strips	1 packet	1 packet
Thai seven spice blend	½ sachet	1 sachet
salt*	¼ tsp	½ tsp
red capsicum	1	2
Asian greens	1 bunch	2 bunches
garlic	2 cloves	4 cloves
hoisin sauce	1 sachet (75 g)	2 sachets (150 g)
honey*	2 tsp	1 tbs
microwaveable basmati rice	1 packet	2 packets

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2100kJ (503Cal)	479kJ (115Cal)
Protein (g)	39.4g	9.0g
Fat, total (g)	10.3g	2.4g
- saturated (g)	3.8g	0.9g
Carbohydrate (g)	60.3g	13.7g
- sugars (g)	21.5g	4.9g
Sodium (g)	1130mg	257mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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2018 | WK50

