



# Asian-inspired Spiced Beef

with bell pepper, coriander and pak choi

20 – 25 mins • Spicy

15



Irish Beef Mince



Bell Pepper



Ginger



Coriander



Jasmine Rice



Thai Style Spice Mix



Pak Choi



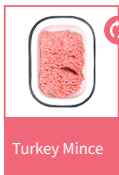
Ketjap Manis



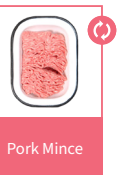
Stock



Red Thai Style Paste



Turkey Mince



Pork Mince

Pantry Items: Water, Salt, Pepper, Oil



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## Before you start

Our fruit, veg and herbs need a wash before you use them! We recommend reading the recipe in full before beginning to cook.

Wash hands before and after handling ingredients. Wash fruit and veg, but not meat. Use different utensils for raw and ready-to-eat foods or wash these in between uses.

## Cooking tools you will need

Grater, pot with lid

## Ingredients

	2P	4P
Irish Beef Mince	240 g	480 g
Bell Pepper	1 unit	2 units
Ginger	1 unit	2 units
Coriander	5 g	10 g
Jasmine Rice	150 g	300 g
Thai Style Spice Mix	1 sachet	2 sachets
Pak Choi	1 unit	2 units
Ketjap Manis	2 sachets	4 sachets
Stock	1 sachet	2 sachets
Red Thai Style Paste	1 sachet	2 sachets
Turkey Mince	250 g	500 g
Pork Mince	240 g	480 g

## Nutrition

for uncooked ingredient	Per 100g	Per 100g	Per 100g
Energy (kJ/kcal)	667 kJ / 159 kcal	523 KJ / 125 kcal	622 KJ / 149 kcal
Fat (g)	5 g	0.7 g	4.1 g
Sat. Fat (g)	2.1 g	0.2 g	1.4 g
Carbohydrate (g)	20.1 g	19.9 g	20.1 g
Sugars (g)	4.1 g	4 g	4.1 g
Protein (g)	8.3 g	9.9 g	8.1 g
Salt (g)	1.1 g	1.1 g	1.1 g

See site or app for detailed nutritional info.

## Allergens

For allergen information please refer to the website or individual ingredient labels.

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## 1 Cook the Rice

- Pour 300ml cold **salted water** (per 2P) into a medium pot with a tight-fitting lid.
- Stir in the **rice** and bring to the boil.
- Once boiling, lower the heat to medium and cover with the lid.
- Leave to cook for 12 mins, then remove the pot from the heat.
- Keep covered for another 12 mins or until ready to serve (the **rice** will continue to cook in its own steam).



## 2 Get Prepped

- Meanwhile, halve the **bell pepper**, remove the core and seeds and thinly slice.
- Trim and thinly slice the **pak choi** widthways.
- Peel and grate the **ginger** (use a teaspoon to easily scrape away the peel).
- Roughly chop the **coriander** (stalks and all).



## 3 Fry the Mince

- Place a pan over medium-high heat (without **oil**).
- Once hot, add the **beef mince** and fry until browned, 5-6 mins. **IMPORTANT:** Wash hands and equipment after handling raw mince. Mince is cooked when no longer pink in the middle.
- Use a spoon to break it up as it cooks.



## 4 Add the Veg

- Add the **pepper** to the pan with a drizzle of **oil** (if necessary).
- Cook until softened, stirring occasionally, 4-5 mins.
- Add the **Thai spice** and **ginger** and fry until fragrant, 1 min.
- Add the **stock** along with 75ml **water** (per 2P).
- Stir in the **pak choi**. Simmer until the liquid has reduced by **half** and the **pak choi** is tender, 3-4 mins.



## 5 Season the Sauce

- When the liquid has reduced, stir through the **red Thai paste**, **ketjap manis** and **half** the **coriander**.
- Remove from the heat and season to taste with **salt** and **pepper**.
- Fluff up the **rice** with a fork.

**TIP:** Add a splash of water if the mince is too dry.



## 6 Finish and Serve

- Divide your **rice** between bowls.
- Top with the Asian-inspired **beef**.
- Finish with a sprinkling of the remaining **coriander**.

Enjoy !

### CUSTOM OPTIONS



#### TURKEY MINCE

Swapping to turkey mince? Follow the recipe as written, replacing 'beef' with 'turkey' where necessary.



#### PORK MINCE

Swapping to pork mince? Simply follow the recipe as written, replacing 'beef' with 'pork' where necessary.