



# Asian-inspired Spiced Beef with bell peppers and pak choi

Calorie Smart Quick Cook 25-30 mins

12



Beef Mince



Bell Pepper



Ginger



Coriander



Onion



Jasmine Rice



Thai Style Spice Mix



Pak Choi



Ketjap Manis



Beef Stock



Red Thai Style Paste

Pantry Items: Water, Salt, Pepper, Oil

## 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.

## Cooking tools you will need

Grater, pot with lid

## Ingredients

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	456.5 g	100 g
Energy (kJ/kcal)	2715.4 kJ/ 649 kcal	594.8 kJ/ 142.2 kcal
Fat (g)	20.3 g	4.4 g
Sat. Fat (g)	8.8 g	1.9 g
Carbohydrate (g)	80.6 g	17.7 g
Sugars (g)	13.9 g	3 g
Protein (g)	34 g	7.4 g
Salt (g)	3.8 g	0.8 g

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

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

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

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.

## Contact

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### Cook the Rice

- Add 300ml cold **salted water** (double for 4p) to 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).



### Add the Veg

- Add the **onion** and **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 for 1 min.
- Add the **beef stock powder** along with 100ml **water** (double for 4p).
- Stir in the **pak choy**. Simmer until the liquid has reduced by **half** and the **pak choy** is tender, 3-4 mins.



### Get Prepped

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



### 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.



### Fry the Mince

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



### Finish and Serve

- Share the **rice** between bowls and top with the Asian-inspired **beef**.
- Finish with a sprinkling of the remaining **coriander**.

Enjoy!