



Asian-inspired Spiced Beef with bell peppers and pak choi

Classic 25-30 mins

1



Beef Mince



Chicken Stock



Ginger



Coriander



Onion



Jasmine Rice



Thai Style Spice Mix



Pak Choi



Lime



Ketjap Manis



Bell Pepper

Pantry Items: Water, Salt, Pepper, Oil

Before you start

Our fruit, veg and herbs need a wash before you use them!

Cooking tools you will need

Zester, Grater, Lid, Pot, Sieve

Ingredients

	2P	4P
Beef Mince	250 g	500 g
Chicken Stock	1 sachet	2 sachets
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
Lime	1 unit	2 units
Ketjap Manis	1 sachet	2 sachets
Bell Pepper	1 unit	2 units

Nutrition

	Per serving	Per 100g
for uncooked ingredients	464.5 g	100 g
Energy (kJ/kcal)	2662.3 kJ/ 636.3 kcal	573.2 kJ/ 137 kcal
Fat (g)	20.2 g	4.3 g
Sat. Fat (g)	8.7 g	1.9 g
Carbohydrate (g)	79.6 g	17.1 g
Sugars (g)	13.4 g	2.9 g
Protein (g)	33.4 g	7.2 g
Salt (g)	1.9 g	0.4 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

Thumbs up or thumbs down?
Head online or use the app to
rate this recipe.



You can recycle me!



Cook the Rice

- Boil a large pot of **salted water** for the **rice**.
- Add the **rice** and cook for 12-15 mins.
- Drain in a sieve and pop back in the pot.
- Cover with a lid and leave to the side until ready to serve.

TIP: *If you're in a hurry you can boil the water in your kettle.*



Prep the Veg

- 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 choi** widthways.
- Peel and finely grate the **ginger** (use a teaspoon to easily scrape away the peel).
- Roughly chop the **coriander** (stalks and all).



Fry the Mince

- Place a medium pan over a medium-high heat (no 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.
- 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.



Add the Veg

- Add the **onion** and **pepper** to the pan with a drizzle of **oil** if necessary.
- Cook until softened, 4-5 mins, stirring occasionally.
- Add the **Thai spice** and **ginger** and fry for 1 min then add the **chicken stock** along with 100ml **water** (double for 4p).
- Stir in the **pak choi**. Simmer until the liquid has reduced by half and the **pak choi** is tender, 3-4 mins.



Season the Rice

- While everything cooks, zest and halve the **lime**.
- When the sauce has reduced, stir through the **ketjap manis**, a squeeze of **lime** juice and half the **coriander**.
- Remove from the heat, and season to taste with **salt** and **pepper**.
- Fluff up the **rice** with a fork and stir through the **lime** zest.



Finish and Serve

- Share the **rice** between bowls and serve the **beef** on top.
- Finish with a sprinkle of the remaining **coriander**.
- Chop any remaining **lime** into wedges and serve alongside.

Enjoy!