



Hoisin Style Beef

with pak choi and green beans

Family 30-35 mins

5



Beef Mince



Green Beans



Garlic



Lime



Pak Choi



Thai Style Spice Mix



Chicken Stock



Hoisin Sauce



Jasmine Rice

Pantry Items: Sugar, Salt, Pepper, Oil, Water

Before you start

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

Cooking tools you will need

Zester, Grater, Lid, Pot

Ingredients

	2P	4P
Beef Mince	250 g	500 g
Green Beans	150 g	300 g
Garlic	1 unit	2 units
Lime	½ unit	1 unit
Pak Choi	1 unit	2 units
Thai Style Spice Mix	1 sachet	2 sachets
Chicken Stock	1 sachet	2 sachets
Hoisin Sauce	2 sachets	4 sachets
Jasmine Rice	150 g	300 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	373 g	100 g
Energy (kJ/kcal)	2608.1 kJ/ 623.4 kcal	699.2 kJ/ 167.1 kcal
Fat (g)	20.3 g	5.5 g
Sat. Fat (g)	8.8 g	2.4 g
Carbohydrate (g)	76.1 g	20.4 g
Sugars (g)	10.8 g	2.9 g
Protein (g)	33.4 g	9 g
Salt (g)	1.8 g	0.5 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.



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Get Prepped

- Trim the **pak choi**, then thinly slice widthways.
- Trim and halve the **green beans**.
- Peel and grate the **garlic** (or use a garlic press).
- Zest half the **lime** (double for 4p) then cut in half.



Add the Veg

- Add the **pak choi** (and a drizzle of **oil** if necessary) and cook until softened, stirring occasionally, 3-4 mins.
- Add the **garlic**, **Thai style spice mix** and **chicken stock**.
- Add 100ml **water** (double for 4p) then stir everything together.
- Add the **green beans** and simmer, stirring frequently until the liquid has reduced by half and the **green beans** are tender, 4-5 mins.



Make the Rice

- Add 300ml **water** (double for 4p) to a medium pot with a tight-fitting lid.
- Stir in the **rice** and ¼ tsp of **salt** (double for 4p) then cover and bring to the boil on medium-high heat.
- Once boiling, turn the heat down to its lowest setting.
- Cook for 10 mins, then remove from the heat (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).



Finishing Touches

- When the **beef** is ready, stir through the **hoisin sauce** and 2 tsp **sugar** (double for 4p).
- Add **lime** juice to taste.
- Remove from the heat, 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

- Place a large pan over medium-high heat (no oil).
- When the pan is hot, add the **beef mince** and cook until browned, 5-6 mins. **IMPORTANT:** Wash your hands and equipment after handling raw mince.
- Use a wooden spoon to break it up as it cooks. **IMPORTANT:** The mince is cooked when no longer pink in the middle.
- Season with **salt** and **pepper**.



Serve and Enjoy

- Share the **lime rice** between bowls.
- Serve the **hoisin beef** on top.
- Squeeze over any remaining **lime**.

Enjoy!