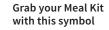


Sweet Black Bean Beef & Capscium

with Veggie Fried Rice

FEEL-GOOD TAKEAWAY











Spring Onion



Green Beans



Garlic Paste



Asian BBQ

Seasoning



Beef Strips



Sweet Black

Bean Sauce



Crispy Shallots



This stir-fry doesn't fall short on flavour. Together the black bean sauce and soy sauce create a delightful balance of sweet and savoury flavours, which the juicy beef and vibrant veggies happily soak up. The fluffy rice and crispy shallots complete the dish, giving you some major crunch action as well!

Prep in: 20-30 mins

Ready in: 25-35 mins

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan · Large frying pan

Ingredients

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	2 People	4 People	
olive oil*	refer to method	refer to method	
basmati rice	1 medium packet	1 large packet	
capsicum	1	2	
spring onion	1 stem	2 stems	
green beans	1 small packet	1 medium packet	
garlic paste	1 medium packet	2 medium packets	
egg*	1	2	
Asian BBQ seasoning	1 medium sachet	2 medium sachets	
beef strips	1 medium packet	2 medium packets OR 1 large packet	
sweet black bean sauce	1 medium packet	2 medium packets	
soy sauce*	½ tbs	1 tbs	
crispy shallots	1 medium packet	1 large packet	
chicken tenderloins**	1 medium packet	2 medium packets OR 1 large packet	

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2814kJ (673Cal)	612kJ (146Cal)
Protein (g)	42.3g	9.2g
Fat, total (g)	21.2g	4.6g
- saturated (g)	6.8g	1.5g
Carbohydrate (g)	84.4g	18.4g
- sugars (g)	18.2g	4g
Sodium (mg)	1543mg	336mg
Dietary Fibre (g)	10.4g	2.1g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2747kJ (656Cal)	550kJ (131Cal)
Protein (g)	49.5g	9.9g
Fat, total (g)	16.1g	3.2g
- saturated (g)	4.3g	0.9g
Carbohydrate (g)	84.5g	16.9g
- sugars (g)	18.2g	3.6g
Sodium (mg)	1549mg	310mg
Dietary Fibre	10.4g	2.5g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit **hellofresh.com.au/foodinfo** for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Scan here if you have any questions or concerns





Cook the rice

- Boil the kettle. Half-fill a medium saucepan with boiling water.
- Add basmati rice and a pinch of salt and cook, uncovered, over high heat until almost tender, 10 minutes. Drain.



Get prepped

- Meanwhile, thinly slice capsicum and spring onion.
- Trim green beans and roughly chop.

Custom Recipe: If you've swapped to chicken tenderloins, cut chicken into 2cm chunks.



Start the fried rice

- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook green beans, tossing, until tender, 3-4 minutes.
- Add spring onion and garlic paste, then crack the egg into the pan and scramble until cooked through, 1 minute.



Finish the fried rice

 Add cooked rice and Asian BBQ seasoning, to the frying pan, stirring until combined,
1-2 minutes. Season with pepper. Transfer to serving bowls and cover to keep warm.



Cook the beef & capsicum

- In a medium bowl, add **beef strips**, **capsicum** and a generous pinch of **salt** and **pepper**.
- Wipe out frying pan and return to high heat with a generous drizzle of olive oil. When oil is hot, cook beef and capsicum, tossing, in batches, until browned and cooked through, 2-3 minutes.
- Add sweet black bean sauce, the soy sauce and return all cooked beef and capsicum. Toss to combine, 1 minute.

Custom Recipe: Season chicken with capsicum, then heat pan as above. Cook chicken, tossing, until browned and cooked through (when no longer pink inside), 4-5 minutes. Continue with step as above.



Serve up

- Top veggie fried rice with sweet black bean beef and capsicum. Spoon over sauce from pan.
- Sprinkle over **crispy shallots** to serve. Enjoy!

Custom Recipe: Top veggie fried rice with sweet black bean chicken.



Our Culinary team is waiting for your feedback! Let them know what you thought: hellofresh.com.au/rate