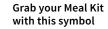
Quick Thai Beef Bowl with Veggie Stir-fry















Red Onion







Green Beans





Ginger





Beef Mince



Sauce

Pantry items

Olive Oil, Soy Sauce (or Gluten-Free Soy Sauce), Brown Sugar



Not suitable for Coeliacs

This fast Thai-style meal gets its flavour from our new aromatic Thai stir-fry sauce. With colourful veggies and fluffy basmati rice, this is a delicious combination just waiting for you to dive in!



Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan with a lid · Large frying pan

Ingredients

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	2 People	4 People
olive oil*	refer to method	refer to method
basmati rice	1 packet	2 packets
water* (for the rice)	1½ cups	3 cups
lemon	1/2	1
red onion	1	2
capsicum	1	2
green beans	1 bag (100g)	1 bag (200g)
zucchini	1	2
ginger	1 knob	2 knobs
Thai stir-fry sauce	1 packet (150g)	1 packet (300g)
soy sauce* (or gluten-free soy sauce)	1 tbs	2 tbs
brown sugar*	2 tsp	1 tbs
water* (for the sauce)	1/4 cup	½ cup
beef mince beef strips**	1 small packet 1 medium packet	1 medium packet 1 large packet
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^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Base Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2799kJ (668Cal)	394kJ (94Cal)
Protein (g)	39.9g	5.6g
Fat, total (g)	12.4g	1.7g
- saturated (g)	4.9g	0.7g
Carbohydrate (g)	92.1g	13g
- sugars (g)	28.2g	4g
Sodium (mg)	2052mg	289mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2581kJ (616Cal)	363kJ (86Cal)
Protein (g)	45.9g	6.5g
Fat, total (g)	3.8g	0.5g
- saturated (g)	1g	0.1g
Carbohydrate (g)	92.1g	13g
- sugars (g)	28.2g	4g
Sodium (mg)	2014mg	283mg

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.

If you have any questions or concerns, please visit hellofresh.com.au/contact

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Cook the rice

In a medium saucepan, add the **water** and bring to the boil. Add the **basmati rice**, stir, cover with a lid and reduce the heat to low. Cook for **10 minutes**, then remove the pan from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.

TIP: The rice will finish cooking in its own steam so don't peek!



Get prepped

While the rice is cooking, zest the **lemon**, then slice into wedges. Thinly slice the **red onion**. Trim the **green beans** and cut in half. Thinly slice the **capsicum**. Cut the **zucchini** into thin sticks. Finely grate the **ginger**.



Cook the veggies

Heat a large frying pan over a medium-high heat with a drizzle of **olive oil**. Add the **onion**, **green beans**, **capsicum** and **zucchini** and cook until softened, **6-7 minutes** (cook in batches if your pan is getting crowded). Transfer to a medium bowl and set aside.



Make the sauce

While the veggies are cooking, combine the **Thai** stir-fry sauce, soy sauce, brown sugar, water (for the sauce), the lemon zest and a squeeze of lemon juice in a small bowl. Season with pepper.



Cook the beef

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **beef mince**, breaking up with a spoon, until browned, **3-4 minutes**. Add the **ginger** and cook until fragrant, **1 minute**. Add the **sauce** and cook until slightly thickened, **1 minute**. Remove from the heat, return the **veggies** to the pan and toss to coat.



Serve up

Divide the rice between bowls and top with the Thai beef and veggies. Serve with any remaining lemon wedges.

Enjoy!

CUSTOM RECIPE

Heat the pan as above. Cook the beef strips, in batches, until browned and cooked through, 1-2 minutes. Add the ginger and sauce as above.