



Everything But The Chef

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Hoisin Beef Stir Fry

You'll be transported to a street vendor in Beijing with your first mouthful of this fragrant stir fry. The combination of hoisin sauce, ginger and garlic is a classic and fool-proof combination that flavours the beef and vegetables brilliantly. We know you'll be begging for seconds, so savour every mouthful.

Prep: 15 mins
Cook: 30 mins
Total: 45 mins

level 1
 spicy

high protein

Pantry Items: Hot Water, Water, Vegetable Oil



Brown Rice



Hoisin Sauce



Lemon



Ginger



Garlic



Beef Strips



Brown Onion



Red Capsicum



Snow Peas



Baby Bok Choy



Long Red Chilli

2P	4P	Ingredients	
2/3 cup	1 1/3 cups	brown rice	
1 1/2 cups	3 cups *	hot water *	
2 tbs	4 tbs	hoisin sauce	
1 tbs	2 tbs	water *	
1/2	1	lemon, juiced	⊕
1 knob	2 knobs	ginger, peeled & finely grated	⊕
1 clove	2 cloves	garlic, peeled & crushed	⊕
300 g	600 g	beef strips	
1 tbs	2 tbs	vegetable oil *	
1/2	1	brown onion, finely sliced	
1/2	1	red capsicum, cut into strips	⊕
100 g	200 g	snow peas, trimmed & destrired	
1 bunch	2 bunches	baby bok choy, quartered	A
1	2	long red chilli, finely sliced	

⊕ May feature in another recipe

* Pantry Items

Nutrition per serving

Energy	2740	Kj
Protein	43.9	g
Fat, total	17	g
-saturated	4	g
Carbohydrate	76.2	g
-sugars	19.1	g
Sodium	733	mg

Measuretool

0 cm	1 cm	2 cm



You will need: chopping board, chef's knife, garlic crusher, vegetable peeler, sieve, medium pot, small bowl, non-metallic bowl, large wok/ frying pan, bowl, and a paper towel.

1 Place the **rice** into a sieve and rinse it with cold tap water until it runs clear. Place the rice and **hot water** in a medium pot and bring to the boil over a high heat. Cover with a lid and reduce the heat to medium. Simmer, covered, for **25-30 minutes** or until the rice is soft and the water is absorbed.



2 Meanwhile, combine the **hoisin sauce, water, lemon juice, ginger, and garlic** in a small bowl. Place the **beef strips** in a separate non-metallic bowl and add half of the hoisin mixture. Toss to coat and set aside for **15 minutes**. (This is a good time to prepare the vegetables).

3 Once the beef has finished marinating, heat a large wok or frying pan over a high heat. Add half of the **vegetable oil** and swirl to coat the wok. Add the beef strips, in batches for **1-2 minutes** or until just cooked. Transfer to a bowl. Wipe the wok clean with paper towel.



4 Place the wok back over a high heat and add the remaining oil. Add the **brown onion, red capsicum, snow peas and bok choy**. Stir fry for **2 minutes** or until the vegetables are just tender. Return the beef to the wok with the remaining hoisin mixture. Stir fry for **1 minute** or until heated through. Season to taste with **black pepper**.

5 Serve the beef stir-fry with the brown rice and garnish with the **chilli slices**.



Did you know? The word 'hoisin' is Chinese for seafood, though it contains no seafood ingredients, nor is it intended to be served with seafood.