



Black Bean Beef & Capsicum

with Veggie Fried Rice

TAKEAWAY FAVES

Grab your Meal Kit with this symbol



Basmati Rice



Capsicum



Spring Onion



Green Beans



Garlic Paste



Asian BBQ Seasoning



Beef Strips



Sweet Black Bean Sauce



Crispy Shallots



Chicken Tenderloins

Prep in: **25-35** mins
Ready in: **25-35** mins

Calorie Smart

Eat Me Early*
*Custom Recipe only

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!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Egg, Soy Sauce



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

	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 bag	1 medium bag
garlic paste	1 packet	2 packets
egg*	1	2
Asian BBQ seasoning	1 sachet	2 sachets
beef strips	1 small packet	2 small packets OR 1 large packet
sweet black bean sauce	1 packet	2 packets
soy sauce*	½ tbs	1 tbs
crispy shallots	1 medium packet	1 large packet
chicken tenderloins**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2661kJ (635Cal)	576kJ (137Cal)
Protein (g)	42.9g	9.3g
Fat, total (g)	15.3g	3.3g
- saturated (g)	5.6g	1.2g
Carbohydrate (g)	87.7g	19g
- sugars (g)	14.1g	3.1g
Sodium (mg)	1120mg	242mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2615kJ (625Cal)	521kJ (124Cal)
Protein (g)	49.5g	9.9g
Fat, total (g)	11g	2.2g
- saturated (g)	3.6g	0.7g
Carbohydrate (g)	87.8g	17.5g
- sugars (g)	14g	2.8g
Sodium (mg)	1131mg	225mg

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](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns

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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.



Finish the fried rice

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



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.



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** to pan. Toss to combine, **1 minute**.

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



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** and then crack the **egg** into the pan and scramble until cooked through, **1 minute**.



Serve up

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

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

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