



# Hoisin Beef & Capsicum Stir-Fry

with Green Beans & Crispy Shallots

NEW

KID FRIENDLY

Grab your meal kit with this number

19



Basmati Rice



Capsicum



Green Beans



Beef Mince



Garlic Paste



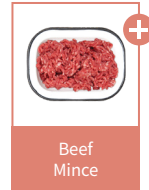
Hoisin Sauce



Sesame Oil Blend



Crispy Shallots



Beef Mince



Pork Mince

Prep in: 15-25 mins  
Ready in: 15-25 mins

You can't really go wrong when you have fluffy basmati rice and a beef stir-fry plated up for dinner. Especially when the stir-fry is coated in a umami hoisin sauce. It is just too good!

### Pantry items

Olive Oil, Soy Sauce, Vinegar (White Wine or Rice Wine)



## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

**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
<b>olive oil*</b>	refer to method	refer to method
basmati rice	1 medium packet	1 large packet
capsicum	1	2
green beans	1 medium packet	2 medium packets
beef mince	1 medium packet	2 medium packets OR 1 large packet
garlic paste	1 packet	2 packets
hoisin sauce	1 packet	2 packets
<b>soy sauce*</b>	1 tbs	2 tbs
<b>vinegar*</b> (white wine or rice wine)	½ tbs	1 tbs
sesame oil blend	1 packet	2 packets
crispy shallots	1 medium sachet	1 large sachet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3181kJ (760Cal)	683kJ (163Cal)
Protein (g)	36.9g	7.9g
Fat, total (g)	31g	6.7g
- saturated (g)	9.2g	2g
Carbohydrate (g)	89.5g	19.2g
- sugars (g)	24g	5.2g
Sodium (mg)	759mg	163mg
Dietary Fibre (g)	11.6g	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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## Cook the rapid rice & get prepped

- 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 tender, **12 minutes**.
- Drain and set aside.
- Thinly slice **capsicum**.
- Trim and halve **green beans**.

3



## Finish the stir-fry

- Remove pan from heat, then add **hoisin sauce**, the **soy sauce**, **vinegar** and **sesame oil blend**. Stir until combined.

2



## Start the stir-fry

- While the rice is cooking, in a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **beef mince**, breaking up with a spoon, until just browned, **2-3 minutes**.
- Add **capsicum** and **green beans** and cook, tossing, until tender, **4-5 minutes**.
- Add **garlic paste** and cook until fragrant, **1 minute**.

4



## Serve up

- Divide rapid rice between bowls.
- Top with hoisin beef and capsicum stir-fry.
- Garnish with **crispy shallots** to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW31



## CUSTOM OPTIONS



### DOUBLE BEEF MINCE

Follow method above, cooking in batches if necessary.



### SWAP TO PORK MINCE

Cook with veggies, breaking up with a spoon, until browned, 4-5 minutes.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

