



# Hoisin Beef Bowl

with Garlic Rice & Crushed Peanuts

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Ginger



Carrot



Capsicum



Snow Peas



Hoisin Sauce



Beef Strips



Crushed Peanuts

Hands-on: **30-40 mins**  
 Ready in: **35-45 mins**  
 Naturally gluten-free  
*Not suitable for Coeliacs*

The sweet and savoury elements of this easy hoisin beef bowl make a speedy meal that doesn't skimp on flavour! With fragrant garlic rice and a colourful veggie stir-fry, it's a family favourite that's sure to satisfy.

### Pantry items

Olive Oil, Butter, Soy Sauce, Honey



## 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

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
butter*	20g	40g
basmati rice	1 packet	2 packets
water* (for the rice)	1½ cups	3 cups
salt*	¼ tsp	½ tsp
ginger	1 knob	2 knobs
carrot	1	2
capsicum	1	2
snow peas	1 bag (100g)	1 bag (200g)
soy sauce*	1 tbs	2 tbs
hoisin sauce	1 sachet	2 sachets
honey*	2 tsp	1 tbs
water* (for the sauce)	1½ tbs	¼ cup
beef strips	1 small packet	1 medium packet
crushed peanuts	1 packet	2 packets

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	3526kJ (842Cal)	618kJ (147Cal)
Protein (g)	48.6g	8.5g
Fat, total (g)	24.9g	4.4g
- saturated (g)	8.5g	1.5g
Carbohydrate (g)	98.6g	17.3g
- sugars (g)	33.2g	5.8g
Sodium (mg)	1427mg	250mg

## 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.



## Make the garlic rice

Finely chop the **garlic**. In a medium saucepan, melt the **butter** with a dash of **olive oil** over a medium heat. Add 1/2 the **garlic** and cook until fragrant, **1-2 minutes**. Add the **basmati rice**, **water (for the rice)** and the **salt**, stir and bring to the boil. Reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove from the heat and keep covered until the rice is tender and the water has absorbed, **10 minutes**.

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



## Make the sauce

While the veggies are cooking, combine the **soy sauce**, **hoisin sauce**, **ginger**, **honey**, **water (for the sauce)** and **remaining garlic** in a small bowl.



## Prep the veggies

While the rice is cooking, finely grate the **ginger**. Thinly slice the **carrot** (unpeeled) into batons (or half-moons if you'd prefer!). Thinly slice the **capsicum**. Trim and halve the **snow peas**.



## Cook the veggies

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **carrot** and **capsicum**, tossing, until just tender, **4-5 minutes**. Add the **snow peas** and cook until tender, **1-2 minutes**. Season with **salt** and **pepper** and transfer to a bowl.



## Cook the beef

Return the frying pan to a high heat with a drizzle of **olive oil**. When the oil is hot, cook the **beef strips**, in batches, tossing, until browned and cooked through, **1-2 minutes**. Transfer to a plate. Return the **beef** to the pan along with the **hoisin mixture**. Cook until sauce is heated through, **1 minute**.

**TIP:** Cooking the meat in batches over a high heat helps it stay tender.



## Serve up

Divide the garlic rice, beef and veggies between bowls. Top with any extra sauce from the pan. Garnish with the **crushed peanuts**.

## Enjoy!