



Peppery Black Bean Beef & Capsicum with Veggie Fried Rice

TAKEAWAY FAVES

Grab your Meal Kit with this symbol



Basmati Rice



Capsicum



Spring Onion



Green Beans



Black Peppercorns



Garlic Paste



Beef Strips



Cornflour



Sweet Black Bean Sauce



Crispy Shallots



Chicken Tenderloins

Prep in: 25-35 mins
Ready in: 30-40 mins

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
black peppercorns	½ sachet	1 sachet
garlic paste	1 packet	2 packets
egg*	1	2
soy sauce* (for the rice)	1 tbs	2 tbs
beef strips	1 small packet	1 medium packet
cornflour	1 medium packet	1 large packet
sweet black bean sauce	1 packet	2 packets
soy sauce* (for the sauce)	1 tbs	2 tbs
crispy shallots	1 medium packet	1 large packet
chicken tenderloins**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2743kJ (656Cal)	587kJ (140Cal)
Protein (g)	42.7g	9.1g
Fat, total (g)	15.7g	3.4g
- saturated (g)	5.9g	1.3g
Carbohydrate (g)	91.7g	19.6g
- sugars (g)	13.9g	3g
Sodium (mg)	1129mg	242mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2685kJ (642Cal)	530kJ (127Cal)
Protein (g)	49.6g	9.8g
Fat, total (g)	11g	2.2g
- saturated (g)	3.6g	0.7g
Carbohydrate (g)	91.7g	18.1g
- sugars (g)	13.9g	2.7g
Sodium (mg)	1132mg	223mg

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.

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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

- Add **rice** and the **soy sauce (for the rice)**, stirring until combined, **1-2 minutes**.
- Season with **salt** and **pepper**. Transfer to serving bowls and cover to keep warm.



Get prepped

- Thinly slice **capsicum** and **spring onion**. Trim **green beans** and roughly chop.
- Crush **black peppercorns** (see ingredients) with a pestle and mortar, or in their sachet using a rolling pin.

Custom Recipe: If you've swapped to chicken tenderloin, cut chicken into 2cm chunks.



Cook the beef & capsicum

- In a medium bowl, combine **capsicum**, **beef strips** and **cornflour** 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 the oil is hot, shaking off excess **flour**, cook **beef** and **capsicum** in batches until browned and cooked through, **2-3 minutes**.
- Add **sweet black bean sauce**, **crushed peppercorns**, the **soy sauce (for the sauce)** and return **beef** and **capsicum** tossing to combine, **1 minute**.

Custom Recipe: Combine chicken with capsicum, cornflour, salt and pepper in the same way as the beef strips. Heat pan as above. Cook chicken 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**, until tender, **3-4 minutes**.
- Add **spring onion**, **garlic paste** and then crack the **egg** into the pan and scramble until cooked through, **1 minute**.



Serve up

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

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