

# Quick Thai Beef Bowl

with Veggie Stir-fry

Grab your Meal Kit with this symbol



Basmati Rice



Lemon



Red Onion



Capsicum



Green Beans



Zucchini



Ginger



Thai Stir-Fry Sauce



Beef Mince



Beef Strips

Hands-on: **20-30 mins**  
 Ready in: **25-35 mins**  
 Naturally gluten-free  
*Not suitable for Coeliacs*

This fast Thai-style meal gets its flavour from our new aromatic Thai stir-fry sauce. With colourful veggies and fluffy basmati rice, this is a delicious combination just waiting for you to dive in!



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

### Pantry items

Olive Oil, Soy Sauce (or Gluten-Free Soy Sauce), Brown Sugar

## 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
basmati rice	1 packet	2 packets
water* (for the rice)	1½ cups	3 cups
lemon	½	1
red onion	1	2
capsicum	1	2
green beans	1 bag (100g)	1 bag (200g)
zucchini	1	2
ginger	1 knob	2 knobs
Thai stir-fry sauce	1 packet (150g)	1 packet (300g)
soy sauce* (or gluten-free soy sauce)	1 tbs	2 tbs
brown sugar*	2 tsp	1 tbs
water* (for the sauce)	¼ cup	½ cup
beef mince	1 small packet	1 medium packet
beef strips**	1 medium packet	1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

### Base Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2799kJ (668Cal)	394kJ (94Cal)
Protein (g)	39.9g	5.6g
Fat, total (g)	12.4g	1.7g
- saturated (g)	4.9g	0.7g
Carbohydrate (g)	92.1g	13g
- sugars (g)	28.2g	4g
Sodium (mg)	2052mg	289mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2581kJ (616Cal)	363kJ (86Cal)
Protein (g)	45.9g	6.5g
Fat, total (g)	3.8g	0.5g
- saturated (g)	1g	0.1g
Carbohydrate (g)	92.1g	13g
- sugars (g)	28.2g	4g
Sodium (mg)	2014mg	283mg

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.

If you have any questions or concerns, please visit [hellofresh.com.au/contact](https://hellofresh.com.au/contact)

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## 1 Cook the rice

In a medium saucepan, add the **water** and bring to the boil. Add the **basmati rice**, stir, cover with a lid and reduce the heat to low. Cook for **10 minutes**, then remove the pan from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.

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



## 4 Make the sauce

While the veggies are cooking, combine the **Thai stir-fry sauce**, **soy sauce**, **brown sugar**, **water (for the sauce)**, the **lemon zest** and a squeeze of **lemon juice** in a small bowl. Season with **pepper**.



## 2 Get prepped

While the rice is cooking, zest the **lemon**, then slice into wedges. Thinly slice the **red onion**. Trim the **green beans** and cut in half. Thinly slice the **capsicum**. Cut the **zucchini** into thin sticks. Finely grate the **ginger**.



## 5 Cook the beef

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **beef mince**, breaking up with a spoon, until browned, **3-4 minutes**. Add the **ginger** and cook until fragrant, **1 minute**. Add the **sauce** and cook until slightly thickened, **1 minute**. Remove from the heat, return the **veggies** to the pan and toss to coat.



## 3 Cook the veggies

Heat a large frying pan over a medium-high heat with a drizzle of **olive oil**. Add the **onion**, **green beans**, **capsicum** and **zucchini** and cook until softened, **6-7 minutes** (cook in batches if your pan is getting crowded). Transfer to a medium bowl and set aside.



## 6 Serve up

Divide the rice between bowls and top with the Thai beef and veggies. Serve with any remaining lemon wedges.

## Enjoy!



### CUSTOM RECIPE

Heat the pan as above. Cook the beef strips, in batches, until browned and cooked through, 1-2 minutes. Add the ginger and sauce as above.