

Crunchy Korean Beef Mince and Veggie Stir-fry

with Jasmine Rice

hellóchef

Rushing home hungry? This dinner will be ready in 20 minutes. If you have more time, add a fried egg on top - Korean style!

Cals 777 • Prot 49 • Carbs 91 • Fat 29

Quick Prep

hellochef.com • 04-383-93-99 • hello@hellochef.com



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Stir-fry	2 ppl	3 ppl	4 ppl	
Lean beef mince	350	525	700	Grams
Orange pepper	1	1	2	Piece
Small zucchini	2	3	4	Piece
Sugar snap peas	100	150	200	Grams
Spring onion	40	60	80	Grams
Vegetable oil	1	2	2	Tbsp
Salt	0.5	0.5	1	Tsp
Sesame oil 3* , 9*	15	22	30	ML
Ginger garlic paste	10	15	20	Grams
Gochujang 9*	10	15	20	Grams
Soy sauce 9* , 10* , 11*	20	30	40	ML
Brown sugar	5	5	10	Grams
Sesame seeds 3*	10	15	20	Grams
Water	10	15	20	ML
Rice				
Jasmine rice	150	225	300	Grams
Water	300	450	600	ML
Salt	0.5	0.5	1	Tsp
To serve				
Chilli flakes	2	2	2	Grams

Allergens

***3 Sesame Seeds, *9 Soya, *10 Wheat, *11 Gluten**

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	3248 / 777
Fat (g)	28.6
of which saturates (g)	8.9
Carbohydrate (g)	91
of which sugars (g)	6.6
Fiber (g)	6.3
Protein (g)	49.3
Salt (g)	2.7

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Boil rice

Rinse the **jasmine rice**. Add the **rice**, **measured water** and **salt** to a pan with a lid and bring to a boil. Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the water is absorbed and the **rice** is cooked. Once cooked, remove the pan from heat and keep covered until serving.



2 Prep vegetables

Meanwhile, de-seed and roughly chop the **pepper**. Halve the **zucchini** lengthwise, then slice it into half moons. Trim the **sugar snap peas**. Trim and finely slice the **spring onion**.



3 Fry vegetables

Heat a non-stick pan over a high heat with a drizzle of **vegetable oil**. Add the **pepper**, **zucchini**, **sugar snap peas** and half of the **spring onion** (reserve the rest for garnish), and fry with a pinch of **salt** for 2-3 min until slightly softened. Transfer to a bowl and set aside.



4 Fry beef

Return the pan to a high heat with a second drizzle of **oil**. Once the pan is hot, add the **beef mince** and fry for 5 min until well browned. Add the **sesame oil**, **ginger garlic paste**, **gochujang paste (spicy!)**, **soy sauce**, **brown sugar**, **sesame seeds** and 1-2 Tbsp of **water**. Fry for 2-3 min further until starting to crisp.



5 Combine

Return the **vegetables** to the pan and cook for a final 1 min, giving everything a good toss. Check the seasoning and add a second pinch of **salt**, if needed.



6 Serve

Serve the **beef mince** and **vegetable stir-fry** over the cooked **jasmine rice**. Garnish with the remaining **spring onion** and a sprinkling of **chilli flakes (spicy!)**.