



# Hoisin Beef & Garlic Rice Bowl

with Lime & Mint

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Carrot



Broccolini



Lime



Mint



Hoisin Sauce



Beef Mince

 Hands-on: **30-40 mins**  
Ready in: **30-40 mins**

This sizzling hoisin-infused beef bowl is a joy unparalleled. Simplicity is the winner here, with a garnish of mint and a squeeze of fresh lime being the crowning glory on this quick and easy weeknight winner.

*Unfortunately, this week's Asian greens were in short supply, so we've replaced them with broccolini. Don't worry, the recipe will be just as delicious!*

## Pantry items

Olive Oil, Butter, Soy Sauce



## 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	2 cloves	4 cloves
butter*	20g	40g
basmati rice	1 packet	2 packets
water* (for the rice)	1½ cup	3 cups
salt*	¼ tsp	½ tsp
carrot	1	2
broccolini	1 bunch	2 bunches
lime	1	2
mint	1 bunch	1 bunch
soy sauce*	1 tbs	2 tbs
water* (for the sauce)	1 tbs	2 tbs
hoisin sauce	1 packet	2 packets
beef mince	1 packet	1 packet

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	2650kJ (633Cal)	684kJ (163Cal)
Protein (g)	33.1g	8.6g
Fat, total (g)	18.3g	4.7g
- saturated (g)	9.3g	2.4g
Carbohydrate (g)	80.2g	20.7g
- sugars (g)	18.4g	4.7g
Sodium (g)	1510mg	389mg

### Allergens

Please visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes) for allergen information. If you have received a substitute ingredient, please be aware allergens may have changed. Always read product labels for the most up-to-date allergen information.



## 1. Make the garlic rice

Finely chop the **garlic** (or use a garlic press). In a medium saucepan, melt the **butter** with a **dash** of **olive oil** over a medium heat. Add the **garlic** and cook until fragrant, **1-2 minutes**. Add the **basmati rice**, **water (for the rice)** and the **salt** 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 is absorbed, **10 minutes**.

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



## 2. Get prepped

Thinly slice the **carrot** (unpeeled) into half-moons. Cut the **broccolini** into 2cm pieces. Zest the **lime** to get a **generous pinch**, then slice into wedges. Pick and roughly chop the **mint leaves**.



## 3. Make the sauce

In a small bowl, combine the **soy sauce**, **water (for the sauce)**, **hoisin sauce** and a **generous squeeze** of **lime juice**. Set aside.



## 4. Cook the veggies

In a large frying pan, heat a **drizzle** of **olive oil** over a medium-high heat. Add the **carrot** and **broccolini** and cook until just softened, **3-4 minutes**. Add the **lime zest** and cook until fragrant, **1 minute**. Season with a **pinch** of **salt** and **pepper**. Transfer to a bowl and cover to keep warm.



## 5. Cook the beef

Return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. Add the **beef mince** and cook, breaking up with a spoon, until just browned, **4-5 minutes**. Add the **hoisin sauce mixture** and cook until fragrant and heated through, **1-2 minutes**.



## 6. Serve up

Divide the garlic rice, veggies and hoisin beef between bowls. Garnish with the mint and serve with any remaining lime wedges.

**Enjoy!**