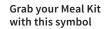


Quick Thai Lime & Pepper Beef with Ginger Rice & Mint

TAKEAWAY FAVES













Red Onion



Cucumber





Black Peppercorns



Beef Strips



Chilli Flakes (Optional)





Prep in: 20-30 mins Ready in: 25-35 mins

Calorie Smart* *Custom recipe is not Calorie Smart This is a real 'all-rounder' meal. You've got your meat and three veg, your fragrant jasmine rice and a sprinkling of chilli flakes. Tick, tick and tick!

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

Pantry items

Olive Oil, Butter, Soy Sauce, Brown

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 with a lid · Large frying pan

Ingredients

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	2 People	4 People		
olive oil*	refer to method	refer to method		
butter*	20g	40g		
ginger paste	1 medium packet	1 large packet		
water*	1¼ cups	2½ cups		
jasmine rice	1 medium packet	1 large packet		
red onion	1	2		
tomato	1	2		
cucumber	1	2		
mint	1 bag	1 bag		
lime	1/2	1		
black peppercorns	½ medium sachet	1 medium sachet		
beef strips	1 small packet	2 small packets OR 1 large packet		
fish sauce & rice vinegar mix	1 packet (20g)	2 packets (40g)		
soy sauce*	1½ tbs	3 tbs		
brown sugar*	½ tbs	1 tbs		
chilli flakes / (optional)	pinch	pinch		
beef strips**	1 small packet	2 small packets OR 1 large packet		

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2612kJ (624Cal)	526kJ (126Cal)
Protein (g)	38.7g	7.8g
Fat, total (g)	17.2g	3.5g
- saturated (g)	8.7g	1.8g
Carbohydrate (g)	74.6g	15g
- sugars (g)	11.3g	2.3g
Sodium (mg)	1227mg	247mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3437kJ (821Cal)	553kJ (132Cal)
Protein (g)	68.5g	11g
Fat, total (g)	25.8g	4.2g
- saturated (g)	12.3g	2g
Carbohydrate (g)	74.6g	12g
- sugars (g)	11.2g	1.8g
Sodium (mg)	1299mg	209mg

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.

We're here to help!

Scan here if you have any questions or concerns





Cook the ginger rice

- In a medium saucepan, heat the butter with a dash of olive oil over medium heat.
- Cook **ginger paste**, until fragrant, **1-2 minutes**. Add the **water** and a generous pinch of **salt** to the pan and bring to the boil.
- Add **jasmine rice**, stir, cover with a lid and reduce heat to low.
- Cook for 12 minutes, then remove from heat and keep covered until rice is tender and all the water is absorbed, 10-15 minutes.

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



Cook the beef

- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- When oil is hot, cook beef and onion, tossing, in batches (this helps the beef stay tender!), until browned and cooked through, 1-2 minutes. Transfer to a large bowl.
- To the bowl with beef, add tomato, cucumber, mint and fish sauce dressing.

Custom Recipe: Cook beef and onion in batches, as above.



Get prepped

- Meanwhile, slice red onion and tomato into wedges. Thinly slice cucumber into half moons. Pick mint leaves.
- Zest lime to get a pinch and slice into wedges. Lightly crush black
 peppercorns (see ingredients) with a pestle and mortar or in their sachet
 using a rolling pin.
- In a medium bowl, combine lime zest, peppercorns, beef strips, onion, a drizzle of olive oil and a pinch of salt.
- In a small bowl, combine a good squeeze of lime juice, fish sauce & rice vinegar mix, the soy sauce, the brown sugar and a drizzle of olive oil.

TIP: Use as much or little fish sauce and rice vinegar mix as you'd like!

Custom Recipe: If you've doubled your beef strips, season as above.



Serve up

- Divide ginger rice and Thai lime and pepper beef salad between bowls.
- Spoon over remaining dressing. Sprinkle over chilli flakes (if using). Serve with remaining lime wedges. Enjoy!

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