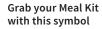


Thai Lime & Pepper Beef with Ginger Rice & Mint

TAKEAWAY FAVES













Red Onion





Cucumber





Black Peppercorns





Beef Strips

Fish Sauce & Rice Vinegar Mix





Pantry items



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!

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

ingi calcino			
2 People	4 People		
refer to method	refer to method		
20g	40g		
1 medium packet	1 large packet		
1¼ cups	2½ cups		
1 medium packet	1 large packet		
1	2		
1	2		
1	2		
1 bag	1 bag		
1/2	1		
½ medium sachet	1 medium sachet		
1 small packet	2 small packets OR 1 large packet		
1 packet (20g)	2 packets (40g)		
1½ tbs	3 tbs		
½ tbs	1 tbs		
pinch	pinch		
1 small packet	2 small packets OR 1 large packet		
	refer to method 20g 1 medium packet 1¼ cups 1 medium packet 1 1 1 1 bag ½ ½ medium sachet 1 small packet 1 packet (20g) 1½ tbs ½ tbs pinch		

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2625kJ (627Cal)	503kJ (120Cal)
Protein (g)	39.3g	7.5g
Fat, total (g)	16.8g	3.2g
- saturated (g)	8.5g	1.6g
Carbohydrate (g)	74.9g	14.4g
- sugars (g)	11.6g	2.2g
Sodium (mg)	1226mg	235mg
Custom Recipe		

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3385kJ (809Cal)	524kJ (125Cal)
Protein (g)	69.3g	10.7g
Fat, total (g)	23.5g	3.6g
- saturated (g)	11.3g	1.7g
Carbohydrate (g)	75g	11.6g
- sugars (g)	11.6g	1.8g
Sodium (mg)	1292mg	200mg

The quantities provided above are averages only.

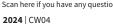
Allergens

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
- 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, 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!

Rate your recipe

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