



Thai Lime & Pepper Beef

with Ginger Rice & Mint

TAKEAWAY FAVES



Grab your Meal Kit with this symbol



Ginger Paste



Jasmine Rice



Red Onion



Tomato



Cucumber



Mint



Lime



Black Peppercorns



Beef Strips



Fish Sauce & Rice Vinegar Mix



Chilli Flakes (Optional)



Beef Strips

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 Sugar

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

	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	½	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)	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



1



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!

3



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.

2



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.

4



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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