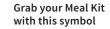


# Thai Lime & Pepper Beef with Ginger Rice & Mint

TAKEAWAY FAVES











**Red Onion** 





Cucumber





**Beef Strips** 



Fish Sauce &



Rice Vinegar Mix





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, Cracked Black Pepper, 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  $\cdot$  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 packet	1 packet		
lime	1/2	1		
cracked black pepper*	1 tsp	2 tsp		
beef strips	1 medium packet	2 medium packets OR 1 large packet		
fish sauce & rice vinegar mix	1 packet	2 packets		
soy sauce*	1½ tbs	3 tbs		
brown sugar*	½ tbs	1 tbs		
chilli flakes ∮ (optional)	pinch	pinch		
beef strips**	1 medium packet	2 medium packets OR 1 large packet		

<sup>\*</sup>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)	17.6g	3.4g
- saturated (g)	9.2g	1.8g
Carbohydrate (g)	75.1g	14.4g
- sugars (g)	12.5g	2.4g
Sodium (mg)	1219mg	234mg
0 1 5 1		

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3385kJ (809Cal)	<b>524kJ</b> (125Cal)
Protein (g)	69.3g	10.7g
Fat, total (g)	24.3g	3.8g
- saturated (g)	12.1g	1.9g
Carbohydrate (g)	75.2g	11.6g
- sugars (g)	12.6g	1.9g
Sodium (mg)	1279mg	198mg

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.
- In a medium bowl, combine lime zest, the cracked black pepper, 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 beef 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

Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate