



Thai Lime Beef Salad

with Ginger Rice & Mint

FEEL-GOOD TAKEAWAY

Grab your meal kit with this number

27



White Rice



Ginger Paste



Red Onion



Tomato



Cucumber



Mint



Lime



Beef Strips



Fish Sauce & Rice Vinegar Mix



Chilli Flakes (Optional)



Beef Strips



Beef Rump

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

This is a real 'all-rounder' meal. You've got your meat and three veg, your fragrant rice and a sprinkling of chilli flakes. Tick, tick and tick!

Pantry items

Olive Oil, Butter, Cracked Black Pepper, Soy Sauce, Brown Sugar

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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
white rice	1 medium packet	1 large packet
butter*	20g	40g
ginger paste	1 medium packet	1 large packet
water*	1¼ cup	2½ cups
red onion	1	2
tomato	1	2
cucumber	1	2
mint	1 packet	1 packet
lime	½	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

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2832kJ (677Cal)	539kJ (129Cal)
Protein (g)	38.1g	7.3g
Fat, total (g)	23.9g	4.5g
- saturated (g)	10.6g	2g
Carbohydrate (g)	74.5g	14.2g
- sugars (g)	12.3g	2.3g
Sodium (mg)	1225mg	233mg
Dietary Fibre (g)	24.4g	4.6g

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

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Cook the ginger rice

- Rinse and drain **white 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 **rice**, stir, cover with a lid and reduce heat to low.
- Cook for **10 minutes**, then remove from heat and keep covered until rice is tender and all the water is absorbed, **10 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.
- Add **tomato**, **cucumber**, **mint** and **fish sauce dressing** to the bowl with the beef, toss to combine.



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**, **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!



Serve up

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

CUSTOM OPTIONS



DOUBLE BEEF STRIPS

Follow method above, cooking in batches if necessary.



SWAP TO BEEF RUMP

Thinly slice beef rump into strips. Cook as above, for 1-2 minutes.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

