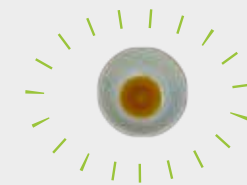




LAMB BUN CHA

with Cooling Cucumber & Sautéed Asian Greens



Make an
Asian-inspired dressing



Lamb Mince



Kecap Manis



Garlic



Cucumber



Coriander



Lime



Mint



Long Red Chilli



Asian Greens



Vermicelli Noodles



Roasted Peanuts

Pantry Staples



Olive Oil



Fish Sauce



Honey



Hot Water



Salt-Reduced Soy Sauce

Hands-on: 20 mins
Ready in: 35 mins

Bun cha is a big bowl of everything we love about Vietnamese cuisine: that devilish mix of chilli and refreshing cucumber, fresh herbs, zingy dressing and delicious lamb.

BEFORE YOU START

You will need: **kettle**, **two large bowls**, **chef's knife**, **chopping board**, **garlic crusher**, **colander**, **medium frying pan**, **tongs** and **small bowl**. Let's start cooking the **Lamb Bun Cha with Cooling Cucumber & Sautéed Asian Greens**



1 PREPARE THE LAMB BUN CHA
Boil a full kettle of water. In a large bowl, combine the **lamb mince**, **salt-reduced soy sauce** and **1/2 the kecap manis**. Peel and crush the **garlic**, add to the bowl and season with **salt** and **pepper**. Roll into meatballs (you should get 6 per person).

TIP: Wet your hands before rolling the meatballs to stop the mixture sticking to your hands.



2 PREPARE THE VEGGIES
Finely slice the **cucumber** at an angle. Juice the **lime**. Pick the **mint** leaves. Pick the **coriander** leaves. Finely slice the **long red chilli** (if using). Roughly chop the **Asian greens**.



3 SOAK THE NOODLES
Add the **vermicelli noodles** to a second large bowl and pour over enough boiling water to completely cover the noodles. Soak for **8-10 minutes**, or until soft. Drain.

TIP: Be sure to add the suggested amount of noodles to ensure you dish is balanced. Just the way we planned it!



4 COOK THE LAMB BUN CHA
Heat **1/2** of the **olive oil** in a medium frying pan over a medium-high heat. Add the **lamb** meatballs and cook for **8-9 minutes**, or until browned and cooked through. Remove from the pan and set aside. Add the **Asian greens** and cook for **2 minutes**, or until wilted.



5 MAKE THE DRESSING
Meanwhile, in a small bowl combine the **lime juice**, **fish sauce**, **honey**, **hot water**, **remaining olive oil** and **remaining kecap manis**.

The perfect Asian dressing comes from the right balance of sweet, salt, acid and fat. Taste your dressing and see what it needs! Too sour? Add extra honey. Too sweet? Add extra fish sauce.



6 SERVE UP
Divide the vermicelli noodles, lamb bun cha, Asian greens, cucumber, mint and coriander between bowls. Pour over the dressing and sprinkle over the **roasted peanuts** and long red chilli (if using).

Enjoy!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
lamb mince	1 packet	2 packets
salt-reduced soy sauce	2 tsp	4 tsp
kecap manis	1 tub (50g)	2 tubs (100g)
garlic	1 clove	2 cloves
cucumber	1	2
lime	1	2
mint	1 bunch	2 bunches
coriander	1 bunch	2 bunches
long red chilli (optional)	1/2	1
Asian greens	1 bunch	2 bunches
vermicelli noodles	1/2 packet (100g)	1 packet (200g)
olive oil*	2 tbs	4 tbs
fish sauce*	1 tbs	2 tbs
honey*	2 tsp	1 tbs
hot water*	1 tbs	2 tbs
roasted peanuts	1 packet (1/4 cup)	2 packets (1/2 cup)

*Pantry Items | Ingredient features in another recipe

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3420kJ (818Cal)	734kJ (175Cal)
Protein (g)	51.5g	11.1g
Fat, total (g)	34.8g	7.5g
- saturated (g)	9.3g	2.0g
Carbohydrate (g)	72.0g	15.5g
- sugars (g)	23.1g	5.0g
Sodium (g)	1020mg	219mg

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