



WARM THAI BEEF SALAD & COCONUT RICE

with Soy Lime Dressing



Master coconut rice



Jasmine Rice



Coconut Milk



Beef Rump



Roma Tomato



Cucumber



Mint



Lime



Mixed Salad Leaves



Hands-on: 25 mins

Ready in: 35 mins

It's a traditional Thai beef salad as you know it, but with a deliciously substantial base of creamy coconut rice. It really is the perfect warming and aromatic accompaniment for this Thai favourite.

Pantry Staples: Olive Oil, Soy Sauce, Fish Sauce, Brown Sugar

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, medium saucepan with lid, small bowl, shallow bowl, fine grater, large frying pan, tongs, plate, foil and large bowl.**



1 COOK THE COCONUT RICE

Place the **jasmine rice, coconut milk, water (check ingredients list for amount) and salt (use suggested amount)** into a medium saucepan and bring to the boil over a high heat. Once boiled, reduce the heat to low and simmer, covered, for **15 minutes**, or until the rice is soft and the liquid has absorbed. Season with a **pinch of pepper** and set aside. Cover with a lid to keep warm. **TIP:** Avoid lifting the lid on the rice as this releases steam and slows down the cooking process.



2 ADD FLAVOUR TO THE BEEF

While the rice is cooking, combine the **soy sauce and fish sauce** in a small bowl with a **drizzle of olive oil**. Place the **beef rump** in a shallow bowl and pour over **1/2** the soy sauce mixture (**the remaining sauce will become your dressing!**).



3 GET PREPPED

Roughly chop the **Roma tomatoes**. Slice the **cucumber** into 0.5 cm half moons. Pick and finely slice the **mint leaves**. Zest the **lime** to get a **pinch**, then **juice** to get **3 tsp**.



4 COOK THE BEEF

Heat a large frying pan over a high heat. Using tongs, pick up the **beef rump**, letting any excess marinade drip back into the bowl. Add the beef to the pan and cook for **2-3 minutes** on each side (depending on thickness), or until cooked to your liking. **TIP:** This will give you a medium steak but cook for a little less if you like it rare, or a little longer for well done. Set aside on a plate and cover with foil to rest for **5 minutes**. Slice into 0.5 cm thick strips.



5 MAKE THE SALAD

While the beef is resting, combine the **tomato, cucumber, mint and mixed salad leaves** in a large bowl.

Add the **lime zest, lime juice** and **brown sugar** to the bowl with the reserved soy sauce mixture. Add the sliced **steak** and **1/2** the lime-soy dressing to the salad (**reserve remaining for step 6**). Toss to coat.



6 SERVE UP

Divide the coconut rice and Thai beef salad between plates. Serve the remaining dressing on the side.

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
jasmine rice	2 packets (1 1/2 cups)
coconut milk	2 tins (330ml)
water*	1 3/4 cups
salt*	1/2 tsp
soy sauce*	2 tbs
fish sauce*	2 tsp
beef rump	1 packet
Roma tomato	2
cucumber	1
mint	1 bunch
lime	1
mixed salad leaves	1 bag
brown sugar*	3 tsp

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2580kJ (617Cal)	487kJ (116Cal)
Protein (g)	35.9g	6.8g
Fat, total (g)	20.7g	3.9g
- saturated (g)	12.6g	2.4g
Carbohydrate (g)	67.0g	12.6g
- sugars (g)	5.0g	0.9g
Sodium (g)	694mg	131mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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