



VIETNAMESE SHAKING BEEF

with Quick Pickled Onions



Grasp a quick pickling technique



Red Onion



Garlic



Coriander



Jasmine Rice



Rump Steak



Tomato



Cucumber

Pantry Staples



Salt-Reduced Soy Sauce



Fish Sauce



Sugar



Rice Wine Vinegar



Salt



Olive Oil



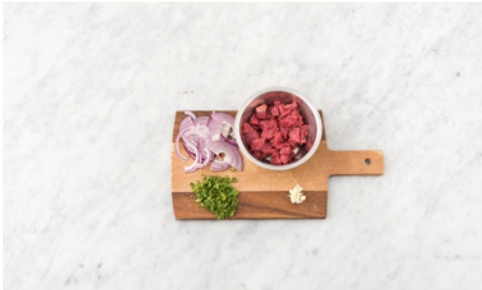
Boiling Water

Hands-on: 15 mins
Ready in: 30 mins

The dish gets its name from the way the wok is shaken during cooking to move the beef cubes around like dice, so don't be afraid to really give it a cheffy flourish!

BEFORE YOU — START

You will need: **chef's knife, chopping board, garlic crusher, sieve, kettle, medium bowl, small bowl, medium saucepan with lid, wooden spoon** and **wok or medium frying pan**. Let's start cooking the **Vietnamese Shaking Beef with Quick Pickled Onions**



1 GET PREPPED

Put a kettle of water on to boil (check ingredients list for amount). Finely slice the **red onion**. Peel and crush the **garlic**. Finely chop the **coriander** leaves. Rinse the **Jasmine rice** well.



2 MARINATE THE BEEF

In a medium bowl, combine the **salt-reduced soy sauce, fish sauce, half the sugar** and half the **garlic**. Chop the **rump steak** into 2 cm cubes, add to the bowl, toss to coat in marinade and season with **salt** and **pepper**. Set aside to marinate.



3 PICKLE THE ONION

+ In a small bowl combine half the **red onion, rice wine vinegar, remaining sugar** and the **salt**. Toss to coat the **onion** and leave to pickle while you prepare the rest of the meal (**approx. 20 minutes**). Drain but reserve the liquid.



4 COOK THE CORIANDER RICE

Heat half the **olive oil** in a medium saucepan over a medium-high heat. Add the remaining **red onion, the remaining garlic** and half the **coriander**. Cook for **5 minutes**, or until softened. Add the **Jasmine rice** and stir to coat. Add the boiling water and bring to the boil. Reduce the heat and simmer, covered, for **15 minutes**, stirring occasionally, until the liquid has absorbed and the rice is soft. Finely slice the **tomato** and **cucumber**.



5 COOK THE BEEF

When the rice has **5 minutes** of cook time remaining, heat the remaining **olive oil** in a wok or medium frying pan over a high heat. Add the **beef** and stir fry, shaking the wok for **2 minutes** for medium rare, or until cooked to your liking.



6 SERVE UP

To serve, divide the coriander rice, shaking beef and **cucumber** and **tomato** slices between plates. Top with the pickled onion and pour the pickling liquid over the vegetables. Sprinkle over the remaining **coriander** leaves.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
red onion	½	1
garlic	2 cloves	4 cloves
coriander	½ bunch	1 bunch
Jasmine rice	1 packet (¾ cup)	2 packets (1 ½ cups)
salt-reduced soy sauce*	1 tbs	2 tbs
fish sauce*	1 tbs	2 tbs
sugar*	2 tsp	4 tsp
rump steak	1	2
rice wine vinegar*	1 tbs	2 tbs
salt*	1 tsp	2 tsp
olive oil*	2 tbs	4 tbs
boiling water*	1 ½ cups	3 cups
tomato	1	2
cucumber	1	2

*Pantry Items | Ingredient features in another recipe

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2720	583
Protein (g)	40.8	8.8
Fat, total (g)	21.9	4.7
- saturated (g)	5.2	1.1
Carbohydrate (g)	70	15
- sugars (g)	10	2.1
Sodium (g)	809	174

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