



Lemongrass Beef Strips

with soy glazed veg and jasmine rice

Calorie Smart 30 – 35 mins

24



Beef Strips



Coriander



Soy Sauce



Lime



Stock



Jasmine Rice



Onion



Sweet Chilli Sauce



Carrot



Broccolini



Garlic, Ginger & Lemongrass Paste

Pantry Items: Salt, Pepper, Oil, Water



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Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Pan with lid, pot with lid

Ingredients

	2P	4P
Beef Strips	250 g	500 g
Coriander	5 g	10 g
Soy Sauce	1 sachet	2 sachets
Lime	1 unit	2 units
Stock	1 sachet	2 sachets
Jasmine Rice	150 g	300 g
Onion	1 unit	2 units
Sweet Chilli Sauce	1 sachet	2 sachets
Carrot	1 unit	2 units
Broccolini	75 g	150 g
Garlic, Ginger & Lemongrass Paste	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	460.3 g	100 g
Energy (kJ/kcal)	2347.2 kJ/ 561 kcal	509.9 kJ/ 121.9 kcal
Fat (g)	2.2 g	0.5 g
Sat. Fat (g)	1.9 g	0.4 g
Carbohydrate (g)	91.1 g	19.8 g
Sugars (g)	18.2 g	4 g
Protein (g)	37.4 g	8.1 g
Salt (g)	4.2 g	0.9 g

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

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Make the Rice

- Pour 300ml cold **salted water** (double for 4p) into a medium pot with a tight-fitting lid.
- Stir in the **rice** and bring to the boil.
- Lower the heat to medium, cover with the lid and cook for 12 mins.
- Once cooked, remove the pot from the heat.
- Keep covered for another 12 mins or until ready to serve (the **rice** will continue to cook in its own steam).



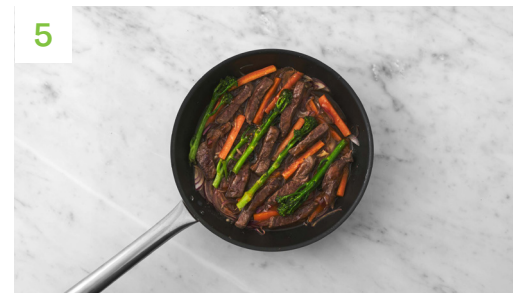
Fry the Veg

- Return the pan to medium-high heat with a drizzle of **oil**.
- Once hot, add the **carrot** and fry for 4-5 mins.
- Add the **broccolini** and **onion** to the pan.
- Fry for another 3-4 mins.



Get Prepped

- Meanwhile, quarter the **lime**.
- Roughly chop the **coriander** (stalks and all).
- Trim the **carrot** and halve widthways. Chop lengthways into ½ cm thick batons.
- Halve, peel and thinly slice the **onion**.



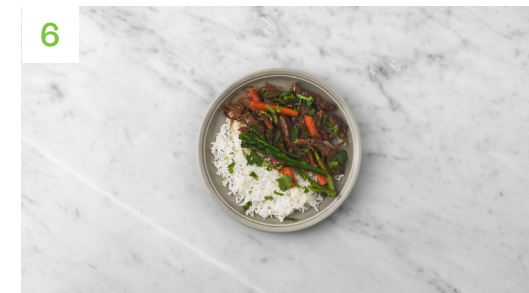
Finishing Touches

- Add the **stock** to the pan along with 25ml **water** (double for 4p).
- Cover and cook until the veg is tender, 4-5 mins.
- Remove the pan from the heat.
- Stir through the **beef strips**, **soy sauce**, **sweet chilli sauce** and juice from **half** the **lime** wedges.



Brown the Beef

- Place a pan over high heat with a drizzle of **oil**.
- Once hot, fry the **beef strips** and **lemongrass** paste until the **beef** is browned, shifting as it colours, 2-3 mins. **IMPORTANT:** Wash hands and equipment after handling raw meat and its packaging. Meat is safe to eat when the outside is browned.
- Remove from the pan and set aside. Cover to keep warm.



Garnish and Serve

- Fluff up the **rice** with a fork and divide between plates.
- Serve the flavourful **beef** and veg alongside.
- Garnish with chopped **coriander** and remaining **lime** wedges.

Enjoy!