



Everything
But The Chef

HelloFresh.com.au

hello@hellofresh.com.au | 02 81 888 722

WK09
2015



Share your masterpiece to enter into our weekly photo contest! Simply post your delicious pic on [f](#) [t](#) [i](#) with #HelloFreshAU

Lemongrass Beef

One of Australia's best known Vietnamese chefs grew up eating and cooking this dish, and it's all about letting the ingredients doing the talking. Fragrant lemongrass and capsicum come together with tender beef on a bed of jasmine rice. This is a classic southern Vietnamese street food – done in your kitchen!



25 mins



level 1



spicy



gluten
free



Rice



Garlic



Spring Onions



Capsicum



Chilli



Beef Strips




Lemongrass



Green Beans

2P	4P	Ingredients
150 g	300 g	rice
3 cm	6 cm	lemongrass 
2 tbs	4 tbs	vegetable oil *
1	2	garlic clove, peeled & crushed 
1 bunch	2 bunches	spring onions, finely diced
1	2	chilli, diced 
300 g	600 g	beef strips
100 g	200 g	green beans, sliced
1	2	capsicum, sliced
2 tbs	4 tbs	soy sauce *
1 tbs	2 tbs	white vinegar *
1/2 tsp	1 tsp	sugar *

-  May feature in another recipe
- * Good to have at home

Nutrition per serving

Energy	2540	Kj
Protein	28.6	g
Fat, total	105	g
-saturated	42	g
Carbohydrate	36	g
-sugars	6.9	g

Measuretool

0 cm	1 cm	2 cm



1 Place the **rice** into a sieve and rinse it with cold tap water, the water will initially become cloudy, continue to rinse until the water becomes clear enough (it doesn't need to be crystal). Bring a large pot of salted water to the boil. Add the rice and cook it for **10-12 minutes** until soft. Drain.

2 Cut off the lower part of the **lemongrass** bulb because this will be woody and tough. Then remove the tougher outer leaves. What you are looking for is the softer layers within. First it's best to "bruise" the trimmed stalk with the back or side of a knife because it will help break down its fibrous stalk. To soften them even further, you don't want it chewy in your meal, finely chop the remaining stalk.

3 Heat the **vegetable oil** in a wok or large pan over high heat. Add the **garlic** and lemongrass, cook for **2 minutes**. Add the **spring onions** and the **chilli** and cook for **3 minutes**. Now add the **beef strips**, beans and **capsicum**, cooking for **3-5 minutes**. Quickly toss through the **soy sauce**, **vinegar**, and **sugar** on the heat until warmed through and the sugar has dissolved.

4 Divide the rice between bowls and then top with the lemongrass beef stir fry.

Did you know? The average cow has more than 40,000 jaw movements per day.