



MAY
2016

Lemongrass Beef Stir-Fry

with Bell Peppers, Green Beans, and Fluffy Rice

Lemongrass is the key ingredient in this simple stir-fry - its mellow, lemony flavor imparts authentic Vietnamese flavor into the dish. Be sure to only mince the innermost core - the outer layers can be very tough!



Prep: 10 min
Total: 30 min



level 1



nut
free



dairy
free



Tenderloin
Steak Tips



Basmati Rice



Scallions



Green Beans



Red Bell Peppers



Garlic



Lemongrass



Cornstarch



Soy Sauce



White Wine
Vinegar

Ingredients

Tenderloin Steak Tips		4 People	16 oz
Basmati Rice			1 ½ Cup
Scallions			4
Green Beans			12 oz
Red Bell Peppers			2
Garlic			2 Cloves
Lemongrass			1 Stalk
Cornstarch			2 T
Soy Sauce	1) 2)		4 T
White Wine Vinegar			2 T
Sugar*			1 T
Oil *			2 t

*Not Included

Allergens

- 1) Soy
- 2) Wheat

Tools

Medium pot, Medium bowl, Large pan

Nutrition per person Calories: 500 cal | Fat: 11 g | Sat. Fat: 3 g | Protein: 32 g | Carbs: 67 g | Sugar: 9 g | Sodium: 556 mg | Fiber: 4 g

Ruler

0 in ¼ in ½ in ¾ in 1 in

1



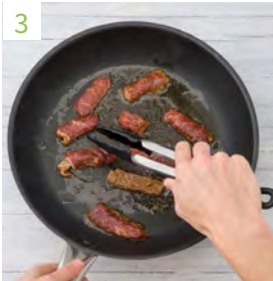
1 Prep: Wash and dry all produce. Bring **3 cups salted water** to a boil in a medium pot. Trim the ends of the **scallions**, then thinly slice. Trim the ends of the **green beans**, then cut into 1-inch pieces. Core, seed, and thinly slice the **bell peppers**. Mince or grate the **garlic**. Add the **rice** to the boiling water, cover, and reduce to a low simmer for 15-20 minutes, until tender.

2



2 Prep the lemongrass: Trim the ends of the **lemongrass**, then peel off the outer layers until you get to a rubbery core. Finely mince the core.

3



3 Cook the steak: Toss the **steak tips** in a medium bowl with the **cornstarch** and a large pinch of **salt** and **pepper**. Heat a drizzle of **oil** in a large pan over high heat. Add the **steak** to the pan and cook for about 1 minute per side, until browned but not yet cooked through. Remove from the pan and set aside.

4



4 Start the stir-fry: Heat another drizzle of **oil** in the same pan over medium heat. Add the **garlic**, **lemongrass**, and **scallion whites** and cook, tossing for about 2 minutes, until softened. Add the **green beans** and **peppers** and cook, tossing for 5-7 minutes, until softened. Season with **salt** and **pepper**.

5 Finish the stir-fry: Add the **steak**, **soy sauce**, **2 Tablespoons vinegar**, **3 Tablespoons water** and **1 Tablespoon sugar** to the pan. Cook, tossing, for 1-2 minutes, until the sauce has thickened. Taste and season with **salt** and **pepper**.

6 Serve: Fluff the **rice** with a fork. Serve the **stir-fry** over the **rice**, garnish with **scallion greens**, and enjoy!

Share your masterpiece! Tag your photos with #HelloFreshPics and share on you'll be entered into our weekly photo contest!

