



Cooking Made Easy

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## Cumin Spiced Beef Skewers with Satay Sauce

We're suckers for street food and it doesn't get much better than these Asian sticks of deliciousness. Inspired by a bustling food market in Hanoi, we've even managed to track down some fresh kaffir lime leaves from one of the only producers in the whole UK. They'll add a citrusy twist whilst a simple satay sauce provides the the icing on the cake. As ever make sure you soak your skewers in advance so they don't burn under the grill!



40 min



family box



gluten free



lactose free



Skewers



Brown Rice



Garlic Clove



Ginger



Coriander



Kaffir Lime Leaf



Cumin Seeds



Beef Mince



Peanut Butter



Sweet Chilli Sauce



Lime



Sugarsnap Peas

## Ingredients

	2P	4P
Skewers	-	8
Brown Rice	-	2 cups
Garlic Clove, diced	-	2
Ginger, diced	-	2 tbsp
Coriander, chopped	-	5 tbsp
Kaffir Lime Leaf, sliced	-	1
Cumin Seeds	-	2 tsp
Beef Mince	-	550g
Peanut Butter <b>1</b>	-	4 tbsp
Sweet Chilli Sauce <b>2</b>	-	2 tbsp
Lime	-	2
Sugarsnap Peas	-	3 cups

 May feature in another recipe

 Our produce comes fresh from the farm so give it a little wash before using

**LH** Step for little hands

## Allergens

**1)** Peanut | **2)** Sulphites

**Nutrition per serving:** Calories: 752 kcal | Protein: 32 g | Carbs: 84g | Fat: 31 g | Saturated Fat: 10 g

2



**1** Soak the skewers in cold water to stop them burning later. Boil a medium sized pot of water with  $\frac{1}{2}$  tsp of salt. When the water comes to the boil add the brown rice. Boil for around 25 mins until it is soft enough to eat then drain and keep to the side.

3



**2** Peel and finely dice the garlic. Peel the ginger using the edge of a spoon and finely dice. Roughly chop the coriander and very, very finely slice the kaffir lime leaf. Crush the cumin seeds using the base of a saucepan.

4



**3** **LH:** Mix the beef mince with the ginger, garlic and cumin. Mix in the kaffir lime leaf, three quarters of the coriander and  $\frac{1}{4}$  tsp of salt. Divide the mixture into 8 and push onto the skewers.

6



**4** Mix the peanut butter with the sweet chilli sauce, 2 tsp of lime juice and  $\frac{1}{4}$  tsp of salt. If your sauce is quite thick, loosen it up with 3 tbsp of boiled water. **Tip:** If you have some milk, you can also use that instead of water.

**5** Turn your grill onto its highest setting. Grill the beef skewers on the top shelf for a few mins on each side, until lightly charred.

**Tip:** To make sure the sticks don't burn you can wrap them in tin foil.

**6** Bring another pot of water to the boil with  $\frac{1}{4}$  tsp of salt. Add the sugar snap peas and cook for 3 mins. Drain and keep to the side.

**7** Serve the rice topped with the beef skewers, sugar snap peas and the satay sauce. Sprinkle over the remaining coriander and tuck in.