



More than Food

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Northern Thai-Style Galaam Oop with Beef, Simmered Cabbage, and Turmeric

The name of this dish refers to both the cooking method (oop) and the cabbage in it (galaam). In Northern Thailand, the “oop” method of cooking involves slowly simmering ingredients over low heat. As the cabbage simmers, it becomes infused with aromatic turmeric and a hint of cayenne.



30 min



level 1



gluten free



dairy free



Sirloin Steak



Cabbage, green, pre-shredded



Shallot



Roma Tomatoes



Peanuts, dry roasted, unsalted



Turmeric



Cayenne Pepper



Cilantro

Ingredients

	2 People	4 People
Sirloin Steak	12 oz	24 oz
Cabbage, green, pre-shredded	12 oz	24 oz
Shallot	1	2
Roma Tomatoes	2	4
Peanuts, dry roasted, unsalted 1)	1 oz	2 oz
Turmeric	1 t	2 t
Cayenne Pepper 	½ t	1 t
Cilantro	¼ oz	½ oz
Oil*	2 t	4 t

*Not Included

Allergens

1) Peanuts

Tools

Large Pan

Ruler

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Nutrition per person Calories: 576 cal | Carbs: 23 g | Fat: 37 g | Protein: 42 g | Fiber: 9 g | Sodium: 192 mg

Make sure to wash and dry produce before prepping or cooking!



1

1 Prep the ingredients: Halve, peel, and thinly slice the **shallot**. Roughly chop the **peanuts** and **cilantro**. Core, halve, and slice the **tomatoes** into ¼-inch wedges. Very thinly slice the **steak** against the grain and season with **salt** and **pepper**.



2

2 Heat a drizzle of **oil** in a large pan over medium heat. Add the **shallot**, **turmeric**, and **cayenne** (to taste, we used ¼ teaspoon) to the pan and cook, tossing, for 4-5 minutes, until softened. Season with **salt** and **pepper**.



4

3 Cook the cabbage: Add the **cabbage** and **tomatoes** to the pan and toss to combine. Cover and cook for 10-12 minutes, stirring occasionally, until very soft. Set aside.

4 Cook the steak: Heat another drizzle of **oil** in the same pan over medium-high heat. Add the **steak** to the pan and cook, tossing, for 2-3 minutes, until browned.



5

5 Return the **cabbage mixture** to the pan along with the **peanuts** and toss to combine. Cook for another 1-2 minutes, until the **steak** is cooked to desired doneness.

6 Divide the dish between plates and sprinkle with **cilantro**. Enjoy!