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## Thai Beef Satay

with Crispy Broccoli, Peanut Sauce, and Jasmine Rice

This Thai favorite shouldn't be limited to your takeout order – it's just as easy to make it at home. A sweet and savory marinade is the secret to juicy, flavorful skewers. We can't get enough of this creamy peanut sauce – it's good on just about everything



30 min



level 1



gluten free



dairy free



Steak Tips



Soy Sauce



Limes



Broccoli Florets



Jasmine Rice



Peanut Butter



Garlic



Scallions



Wooden Skewers

## Ingredients

	4 People
Steak Tips	24 oz
Wooden Skewers	8
Soy Sauce	2 T + 2 t
Limes	2
Broccoli Florets	16 oz
Jasmine Rice	1 c
Peanut Butter	4 T
Garlic	4 cloves
Scallions	4
Sugar*	2 T + 2 t
Olive Oil*	4 t

\*Not Included

## Allergens

- 1) Soy
- 2) Peanuts

## Tools

Small Pot,  
Baking Sheet, Medium Bowl,  
Medium Pan, Shallow Dish

Ruler

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**Nutrition per person** Calories: 669 cal | Fat: 28 g | Sat. Fat: 7 g | Protein: 47 g | Carbs: 64 g | Sugar: 13 g | Sodium: 378 mg | Fiber: 5 g

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



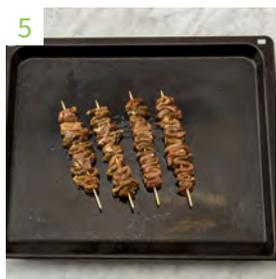
**2 Prep the ingredients:** Preheat the oven to 400 degrees. Remove the **steak** from the refrigerator, and bring to room temperature. Mince or grate the **garlic**. Zest and halve the **limes**. Thinly slice the **scallions**, keeping the **greens** and **whites** separate. Soak the **skewers** in a shallow dish of water.



**2 Cook the rice and roast the broccoli:** In a small pot, bring **2 cups water** to a boil with a large pinch of **salt**. Toss the **broccoli florets** on a baking sheet with a drizzle of **oil** and a pinch of **salt** and **pepper**. Place in the oven for 15-20 minutes, until golden brown and slightly crispy. Once the water is boiling, add the **rice**, cover, and reduce to a low simmer for about 15 minutes, until tender. Keep covered until the rest of the meal is ready.



**3 Marinate the steak:** In a medium bowl, combine the **steak**, **2 Tablespoons soy sauce** (we sent more), **4 teaspoons sugar**, **half the garlic**, **1 teaspoon lime zest**, and **4 teaspoons olive oil**. Season with **salt** and **pepper**.



**4 Make the peanut sauce:** Heat a drizzle of **oil** in a medium pan over low heat. Add the **scallion whites** and remaining **garlic** to the pan and cook, tossing, for 1-2 minutes, until fragrant. Stir in the **peanut butter**, the remaining **soy sauce**, and **4 teaspoons sugar** into the pan. Slowly stir in **1/2 cup water** until incorporated. Remove the pan from the heat, then stir in a squeeze of **lime**, to taste. Season to taste with **salt** and **pepper**, as desired.

**5 Cook the skewers:** Remove the **broccoli** from the baking sheet and set aside. Set the broiler to high (or the oven to 500 degrees). Thread the **marinated steak** onto the **skewers**. Place them onto the baking sheet you used for the broccoli and place it under the boiler for 5-8 minutes, turning over once during cooking, until cooked to desire doneness, and slightly charred.

**6 Finish and plate:** Serve the **rice** with the **broccoli** alongside, then top with the **beef satay skewers**. Garnish with the **scallion greens** and serve the **peanut sauce** alongside for dipping. Enjoy!