



# STEAK STIR-FRY

with Rice, Mangetout and Red Pepper



## HELLO LEMONGRASS

*This grass has many uses: in oil form, it can be used as an insect repellent.*



Brown Basmati Rice



Spring Onion



Mangetout



Red Pepper



Red Chilli



Garlic Clove



Lemongrass



Steak Strips



Cornflour



Soy Sauce



White Wine Vinegar

This speedy recipe is packed full of flavour and is the perfect antidote for a long, hard day! The ultra-quick to prepare steak strips is served with steamy basmati rice. We've added some chilli and white wine vinegar, to give an authentic hot and sour flavour combination and to make sure you're getting a good portion of your five-a-day, we've included some fresh mangetout, spring onion and red pepper!

35 mins

2 of your 5 a day

Medium heat

## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Saucepan, Sieve, Fine Grater** (or **Garlic Press**) and **Frying Pan**. Now, let's get cooking!



### 1 COOK THE RICE

Put a large saucepan of water on to boil for the rice. Once boiling, add the **brown rice** and a pinch of **salt** and boil for 30 mins, or until soft. ★ **TIP:** *If the water starts to evaporate, just top it up with more!* When cooked, drain in a sieve and return to the pan, off the heat.



### 2 PREP THE VEGGIES

Meanwhile, trim the **spring onion** and thinly slice. Halve the **red pepper** and discard the core and seeds. Chop into small pieces. Halve the **red chilli** lengthways, deseed and finely chop. Peel and grate the **garlic** (or use a garlic press).



### 3 MAKE THE SLURRY

Remove and discard the tough root of the **lemongrass**. Whack the stick with something heavy to break it up a bit (and release that awesome lemony smell) then chop it in half. In a small bowl, combine the **cornflour** with 1 tbsp **water** per person (use a fork to ensure the mixture is smooth). This is your **slurry** - set it aside for later.



### 4 BROWN THE STEAK

Heat a splash of **oil** in a frying pan on high heat. Once the **oil** is nice and hot, gently place the **steak strips** into the pan. Stir-fry for 2 mins. Remove the **steak** from the pan and keep to one side.



### 5 TIME TO STIR-FRY

Heat another splash of **oil** in the now empty frying pan on medium-high heat. Add **half** the **spring onion**, the **chilli** (add more or less to taste), **garlic** and **lemongrass**. Stir-fry for 2 mins. Add the **mangetout** and **pepper**. Stir-fry for 5 mins. Add the **soy sauce**, **white wine vinegar** and a pinch of **sugar** (if you have some) and allow to bubble away for a few seconds. Stir in the **slurry** and add the **steak** back in. Toss everything in the pan for another 2 mins.



### 6 SERVE

Fluff up the cooked **rice** with a fork and spoon into bowls. Serve the **steak** stir-fry on top of the **rice** with a sprinkling of remaining **spring onion** and BOOM, you're done! (Remember to fish out the **lemongrass stick**!). **Enjoy!**

## 2 - 4 PEOPLE INGREDIENTS

	2P	3P	4P
Brown Basmati Rice	150g	225g	300g
Spring Onion *	2	3	4
Mangetout *	1 pack	1 pack	2 packs
Red Pepper *	1	1½	2
Red Chilli *	¼	½	½
Garlic Clove *	2	3	4
Lemongrass *	½ stick	¾ stick	1 stick
Steak Strips *	260g	390g	520g
Cornflour	¼ pot	⅓ pot	½ pot
Soy Sauce (11) (13)	2 sachets	3 sachets	4 sachets
White Wine Vinegar (14)	1 sachet	1½ sachets	2 sachets

\* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 292G	PER 100G
Energy (kJ/kcal)	1450 / 347	497 / 119
Fat (g)	3	1
Sat. Fat (g)	1	1
Carbohydrate (g)	66	23
Sugars (g)	8	3
Protein (g)	13	5
Salt (g)	4.12	1.41

Nutrition for uncooked ingredients based on 2 person recipe.

### ALLERGENS

11) Soya 13) Gluten 14) Sulphites

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

### 👍 THUMBS UP OR THUMBS DOWN?

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