



# SPEEDY STIR-FRY STEAK

with Rice, Green Beans & 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



Green Beans



Red Pepper



Red Chilli



Garlic Clove



Lemongrass



Rump Steak Strips



Cornflour



Soy Sauce



White Wine Vinegar

MEAL BAG

35 mins

2 of your 5 a day

Medium heat

This speedy recipe is packed full of flavour and is the perfect antidote for a long, hard day! The ultra-quick to prepare rump steak 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 green beans, spring onion and red pepper!

## BEFORE YOU START

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



### 1 COOK THE RICE

Put a large saucepan of **water** on to boil on medium-high heat. Once boiling, add the **brown rice** and cook at a rapid boil for 30 mins, or until soft.



### 2 PREP THE VEGGIES

Meanwhile, remove the root from the **spring onion** and thinly slice, separating the **white** and **green** parts. Trim the tops from the **green beans** and chop into 3cm pieces. Halve, then remove the core from the **red pepper** and chop into 2cm chunks. Halve the **red chilli** lengthways, deseed and finely chop. Peel and grate the **garlic** (or use a garlic press).



### 3 CHOP THE LEMONGRASS

Cut the tough base off the **lemongrass** and peel a couple of the outer layers. Take the bit in the middle and whack it with something heavy to break it up a bit (and release that awesome lemony smell). Chop it very finely. **★ TIP: It's important you chop, chop, chop the lemongrass finely to make sure it cooks perfectly.**



### 4 COAT THE STEAK

Toss the **steak slices** in a mixing bowl together with a sprinkle of **salt**, a good grind of **pepper** and the **cornflour**. Heat a splash of **oil** in a frying pan on high heat. Once the **oil** is nice and hot, gently place the **steak slices** into the pan. Stir-fry for 2 mins. Remove the **steak** from the pan and keep to one side.



### 5 MAKE THE STIR-FRY

Heat a splash of **oil** in the now empty frying pan on medium-high heat. Add the **whites** of the **spring onion**, **chilli** (add more or less to taste), **garlic** and **lemongrass**. Cook for 2 mins. Add the **green beans** and **pepper**. Cook, stirring occasionally, 5 mins. Add the **soy sauce**, **white wine vinegar**, a pinch of **sugar** (if you have some) and a splash of **water** together with the **steak**. Toss everything in the pan for another 2 mins.



### 6 SERVE

Drain the **rice**, then fluff it up with a fork and spoon into bowls. Serve the **steak stir-fry** on top of the **rice** with a sprinkling of the **green** parts of the **spring onion**. **BOOM, you're done!**

## 2 PEOPLE INGREDIENTS

Brown Basmati Rice	150g
Spring Onion, sliced	2
Green Beans, chopped	1 pack
Red Pepper, chopped	1
Red Chilli, chopped	¼
Garlic Clove, grated	2
Lemongrass, chopped	½
Rump Steak Strips	280g
Cornflour	1 tbsp
Soy Sauce <sup>11</sup> <sup>13</sup>	3 tbsp
White Wine Vinegar <sup>14</sup>	1 tbsp

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 667G	PER 100G
Energy (kcal)	577	131
(kJ)	2446	556
Fat (g)	17	4
Sat. Fat (g)	7	1
Carbohydrate (g)	65	15
Sugars (g)	8	2
Protein (g)	40	9
Salt (g)	3.21	0.73

### ALLERGENS

<sup>11</sup> Soya <sup>13</sup> Gluten <sup>14</sup> Sulphites

**Soy Sauce:** Water, **Soy** beans, **Wheat**, Salt, Sodium Benzoate.

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

### THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe or get in touch via: 0207 138 9055 | [hello@hellofresh.co.uk](mailto:hello@hellofresh.co.uk)

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