



More Than Food
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Speedy Vietnamese Steak Stir-Fry

Just like a rooster, these steaks are super quick! Known for being really tender, these flank steaks are served with steamy basmati rice. We've added some chilli and white wine vinegar, to give an authentic hot and sour flavour combination. To make sure you are getting at least some of your five-a-day, we have added some fresh green beans, spring onions and red pepper!



30 mins



family box



lactose free



healthy



spicy



2 of your 5 a day



Water (700ml)



Basmati Rice (2 cups)



Spring Onion (3)



Green Beans (2 packs)



Red Pepper (2)



Red Chilli (1 tbsp)



Garlic Clove (4)



Lemongrass (1)



Flank Steak (1)



Cornflour (2 tbsp)



Soy Sauce (5 tbsp)



White Wine Vinegar (2 tbsp)

4 PEOPLE INGREDIENTS

- Water **700ml**
- Basmati Rice **2 cups**
- Spring Onion, chopped **3**
- Green Beans, chopped **2 packs**
- Red Pepper, chopped **2**
- Red Chilli, chopped **1 tbsp**
- Garlic Clove, chopped **4**
- Lemongrass, chopped **1**
- Flank Steak **1**
- Cornflour **2 tbsp**
- Soy Sauce **5 tbsp**
- White Wine Vinegar **2 tbsp**

Allergens: Soya, Gluten, Sulphites.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbs	Sugar	Protein	Salt
Per serving	593 kcal / 2503 kJ	11 g	2 g	76 g	20 g	44 g	3 g
Per 100g	104 kcal / 438 kJ	2 g	0 g	13 g	3 g	8 g	0 g

 Our fruit and veggies may need a little wash before cooking!

Did you know...

Lemongrass is used extensively in aromatherapy and helps to combat fatigue, anxiety and body odour?

Soy Sauce Ingredients: Water, Soybeans, Wheat, Salt.



1 Boil the **water** (as stated in the ingredient list) in a pot with a pinch of **salt**. Once boiling, add the **rice** and turn the heat to its lowest setting. Put a tight fitting lid on top and cook for 10 mins. Remove from the heat and leave to rest for another 10 mins. Do not peek under the lid until 20 mins are up or the rice won't cook!



2 Meanwhile, chop your **spring onion** widthways into very thin (less than 1/2cm) discs and separate the white and green parts. Top and tail the **green beans** and chop them widthways into 3cm pieces. Remove the core from the **red pepper** and chop it into (roughly) 2cm chunks. Finely chop the **chilli** and peel and chop the **garlic**.



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

4 Now slice the **steak** widthways into wafer thin strips. Toss the strips in a bowl together with a sprinkle of **salt**, a good pinch of **black pepper** and the **cornflour**.



5 Heat a splash of **oil** in a non-stick frying pan on high heat. Once the oil is nice and hot, gently place your **steak strips** into the pan and brown them off for 2 mins. Remove from the pan and keep to the side.

6 In the (now empty) frying pan, heat a splash of **oil** and turn the heat to medium-high. Add the whites of your **spring onion**, your **chilli**, **garlic** and **lemongrass** and cook for 2 mins. Now add your **green beans** and **red pepper** and cook for 5 mins (tossing them constantly).

7 Throw in the **soy sauce**, **white wine vinegar**, a pinch of **sugar** (if you have some) and a splash of **water** together with your **steak** and toss everything in the pan for another 2 mins.

8 Serve your **stir-fry** on top of your **rice** with a sprinkle of the green parts of your **spring onion** and BOOM, you're done!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!