



APR  
2017

## Thai Beef Salad

with Carrot and Cucumber Ribbons over Jasmine Rice

This zippy steak salad is sure to be a weeknight dinner sensation. We love Thai food because it hits all the right flavour pillars – sweet, sour, salty and spicy!



Beef Strips



Jasmine Rice



Plum Tomato



Mini Cucumber



Carrot



Red Onion



Cilantro



Lime



Brown Sugar




Chili-Garlic Sauce



Fish Sauce

## Ingredients

|  | 2 People       | 4 People       |
|--|----------------|----------------|
| Beef Strips  | 1 pkg (285 g)  | 2 pkg (570 g)  |
| Jasmine Rice   | 1 pkg (170 g)  | 2 pkg (340 g)  |
| Plum Tomato  | 2              | 4              |
| Mini Cucumber  | 1              | 2              |
| Carrot   | 1              | 2              |
| Red Onion, sliced  | 1 pkg (56 g)   | 2 pkg (113 g)  |
| Cilantro   | 1 pkg (10 g)   | 2 pkg (10 g)   |
| Lime   | 1              | 2              |
| Brown Sugar  | 1 pkg (1 tbsp) | 2 pkg (2 tbsp) |
| Chili-Garlic Sauce  | 1)             | 1 pkg (1 tbsp) |
| Fish Sauce   | 2)             | 1 pkg (2 tsp)  |
| Olive or Canola Oil*   |                | 2 pkg (4 tsp)  |

\*Not Included

## Allergens

- 1) Sulphites/Sulfites
- 2) Fish/Poisson

## Tools

Medium Pot, Vegetable Peeler, Measuring Cups, Zester, Large Bowl, Whisk, Large Non-Stick Pan

Ruler

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**Nutrition per person** Calories: 735 cal | Fat: 22 g | Protein: 43 g | Carbs: 90 g | Fibre: 4 g | Sodium: 717 mg

*Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

1



**1 Prep: Wash and dry all produce.** In a medium pot, bring **1 1/3 cups salted water** (double for 4 people) to a boil. Cut the **tomatoes** into 1/2-inch wedges. Roughly chop the **cilantro**. Zest, then juice the **lime(s)**. Peel the **carrot(s)** and **cucumber(s)** into ribbons.

3



**2 Cook the rice:** Add the **rice** to the boiling water. Reduce the heat to medium-low. Cover with a lid, and cook until the rice is tender and the water has been absorbed, 12-14 min.

**3 Make the dressing:** Meanwhile, in a large bowl, whisk the **brown sugar, fish sauce, lime juice, lime zest** and as much **chili-garlic sauce** as you like. Add the **onion, tomatoes, veggie ribbons** and **cilantro**. Set aside.

4



**4 Sear the beef strips:** Heat a large non-stick pan over high heat. Add a drizzle of **oil**, then **half the beef strips**. Cook until browned, 1-2 min per side. Transfer to a plate. Repeat with the **remaining** beef.

**5 Finish and serve:** Add the **beef** to the salad. Toss to combine. Divide the **rice** between plates and top with the **Thai beef salad**. Enjoy!

5



**COOKING TECHNIQUE:** To 'sear' means to cook meat quickly at a high temperature until a brown crust forms on the surface. This browning gives your beef lots of flavour! We recommend cooking beef strips in batches because crowding the pan can cause the meat to steam instead of sear, and you won't get that hearty flavour!

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