



More Than Food

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Speedy Vietnamese Roaming Roasters Steak and Lemongrass Stir-Fry

Just like a rooster, these steaks are super quick! Known for being super tender, these flank steaks are served with steamy basmati rice and chilli with white wine vinegar, to give it that 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!



20 mins



healthy



spicy



lactose free



Basmati Rice



Spring Onion



Green Beans



Red Pepper



Red Chilli



Garlic Clove



Lemongrass



Flank Steak



Cornflour




Soy Sauce



White Wine Vinegar

Ingredients

	2P	4P
Basmati Rice	1 cup	2 cups
Spring Onion, chopped	2	3
Green Beans, chopped	1 pack	2 packs
Red Pepper, chopped	1	2
Red Chilli, chopped	1 tsp	2 tsp
Garlic Clove, chopped	1	2
Lemongrass, chopped	½	1
Flank Steak	1	1
Cornflour	1 tbsp	2 tbsp
Soy Sauce 1, 2	1½ tbsp	3 tbsp
White Wine Vinegar 3	1 tbsp	2 tbsp

 Our produce comes fresh from the farm so give it a little wash before using

Allergens

- 1) Gluten | 2) Soya
- 3) Sulphites

Nutrition per serving: Calories: 571 kcal | Protein: 36 g | Carbs: 81 g | Fat: 9 g | Saturated Fat: 4 g



1 Boil 350ml of water with ¼ tsp of salt in a pot. Once it comes to a boil 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.

Tip: Do not peek under the lid until 20 mins are up or the rice won't cook!



2 Meanwhile, chop your spring onions widthways into very thin (less than ½cm) 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 pepper and chop it into (roughly) 2cm chunks. Finely chop the chilli and peel and chop the garlic.



4 Now slice the steak widthways into wafer thin strips. Toss the strips in a bowl together with ¼ tsp of salt, a good pinch of black pepper and the cornflour.

5 Heat 1 tbsp of oil in a non-stick frying pan on high heat. Once the oil is nice and hot, gently place the steak strips into the pan and brown them off for 2 mins. Remove from the pan and keep to the side.



3 Chop 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). Very finely chop it for later. **Tip:** It's important you chop, chop, chop the lemongrass to make sure it cooks perfectly.

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

7 Throw in the soy sauce, vinegar, ¼ tsp of sugar (if you have some) and 3 tbsp of water, together with the steak and toss everything in the pan for another 2 mins.

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

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