

## **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!







Water (700ml)

Basmati Rice (2 cups)



Spring Onion (3)



Green Beans (2 packs)

Red Pepper (2)

Red Chilli (1 tbsp)



Lemongrass (1)



Flank Steak

Cornflour (2 tbsp)

Soy Sauce (5 tbsp)

White Wine Vinegar (2 tbsp)

## **4 PEOPLE INGREDIENTS**

• Water	700ml
<ul> <li>Basmati Rice</li> </ul>	2 cups
<ul> <li>Spring Onion, chopped</li> </ul>	3
• Green Beans, chopped	2 packs
<ul> <li>Red Pepper, chopped</li> </ul>	2
<ul> <li>Red Chilli, chopped</li> </ul>	1 tbsp

<ul> <li>Garlic Clove, chopped</li> </ul>
<ul> <li>Lemongrass, chopped</li> </ul>
<ul> <li>Flank Steak</li> </ul>
<ul> <li>Cornflour</li> </ul>
<ul> <li>Soy Sauce</li> </ul>
White Wine Vinegar

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?

Allergens: Soya, Gluten, Sulphites.

Nutrition as per prepared and listed ingredients

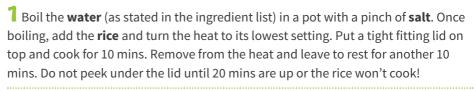
	Energy	Fat	Sat. Fat	Carbs	Sugar	Protein	Salt	Soy Sauce Ingredients: Water, Soybeans, Wheat, Salt.
Per serving	593 kcal / 2503 kJ							
Per 100g	104 kcal / 438 kJ							

1 2 tbsp

5 tbsp

2 tbsp





**2** Meanwhile, chop your **spring onion** 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 red pepper and chop it into (roughly) 2cm chunks. Finely chop the chilli and peel and chop the garlic.

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.



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.

O In the (now empty) frying pan, heat a splash of **oil** and turn the heat to mediumhigh. 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).

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.

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!