



SPEEDY SATAY SAUCE BEEF

with Steamed Rice & Cucumber Salad



Make a homemade satay sauce



Basmati Rice



Garlic



Lime



Beef Rump



Ginger



Peanut Butter



Cucumber



Coconut Milk



Long Red Chilli (Optional)



Mixed Salad Leaves



Hands-on: 25 mins

Ready in: 30 mins



Spicy (optional long red chilli)

It's time to bring everyone's favourite entrée into the main event. Satay beef is as easy to make as it is easy to love. It's really all about the taste.

Pantry Staples: Olive Oil, Water, Soy Sauce, Rice Wine Vinegar (or White Wine Vinegar), Brown Sugar

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **sieve, medium saucepan with a lid, wooden spoon, chef's knife, chopping board, teaspoon, fine grater, garlic crusher, three medium bowls, large frying pan and tongs.**



1 COOK THE RICE

Rinse the **basmati rice** well. Add the **water (use suggested amount)** to a medium saucepan and bring to the boil. Add the rice, stir, cover with a lid and reduce the heat to low. Cook for **10 minutes**, then remove the saucepan from the heat and keep covered for another **10 minutes**, or until the rice is tender and the water is absorbed. **TIP:** *Don't lift the lid while the rice is resting so you don't lose any steam!*



2 GET PREPPED

While the rice is cooking, peel and finely grate the **ginger** (unpeeled). Peel and finely grate the **garlic**. **TIP:** *Feel free to crush the garlic if you'd prefer!* Zest the **lime** to get a pinch of zest, then juice. Dice the **beef rump** steaks into 2 cm cubes.



3 MAKE THE SATAY SAUCE

In a medium bowl, combine the **peanut butter, coconut milk, ginger, garlic, lime zest, 3 tsp of lime juice and soy sauce (for the satay)** and mix well. **TIP:** *Add more or less lime juice depending on your taste preference!* Transfer **1/4** of the **satay sauce** into a second medium bowl and add the **beef rump**. Toss to coat and set aside (you will use the rest of the sauce in step 5).



4 MAKE THE CUCUMBER SALAD

Slice the **cucumber** into half-moons. Deseed and finely chop the **long red chilli** (if using). In a third medium bowl, combine the **rice wine vinegar, brown sugar, 1 tbs of olive oil** and the **soy sauce (for the dressing)**. Add the cucumber, long red chilli (if using) and **mixed salad leaves** and toss to coat. **TIP:** *Some like it hot but if not, just hold back on the chilli.*



5 COOK THE BEEF

Heat a **drizzle of olive oil** in a large frying pan over a high heat. Add the satay **beef** and cook for **2-3 minutes**, or until browned and just cooked through. Add the **remaining satay sauce** and heat through for **1 minute**. Remove the pan from the heat. **TIP:** *Add a dash of water if the sauce is too thick. This will help the sauce loosen.*



6 SERVE UP

Divide the steamed rice between bowls. Top with the speedy satay sauce beef and cucumber salad. Spoon any excess salad dressing over the rice.

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
basmati rice	2 packets (1 1/2 cups)
water*	3 cups
ginger	1 knob
garlic	1 clove
lime	1
beef rump	1 packet
peanut butter	1 tub (100 g)
coconut milk	1 tin (165 ml)
soy sauce* (for the satay)	2 tbs
cucumber	2
long red chilli (optional)	1
rice wine vinegar* (or white wine vinegar)	2 tsp
brown sugar*	2 tsp
soy sauce* (for the dressing)	2 tsp
mixed salad leaves	1 bag

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3070kJ (733Cal)	535kJ (128Cal)
Protein (g)	40.0g	7.0g
Fat, total (g)	31.4g	5.5g
- saturated (g)	10.8g	1.9g
Carbohydrate (g)	68.4g	11.9g
- sugars (g)	6.2g	1.1g
Sodium (g)	782mg	136mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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