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Vietnamese Beef with Lemongrass

One of Australia's best known Vietnamese chefs grew up eating and cooking this dish, and it's all about letting the ingredients do the talking. Fragrant lemongrass and capsicum come together with tender beef on a bed of Basmati rice. This is classic southern Vietnamese street food – done in your kitchen!



Prep: 15 mins

Cook: 25 mins

Total: 40 mins



level 1



lactose free



nut free

Pantry Items



Water



Plain Flour



Olive Oil



Salt Reduced Soy Sauce



White Wine Vinegar



Basmati Rice



Beef Strips



Green Beans



Red Capsicum



Garlic



Lemongrass



Long Red Chilli








Spring Onion

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2P	4P	Ingredients
1 packet	2 packets	Basmati rice, rinsed well
3 cups	6 cups	water *
1 packet	2 packets	beef strips
1 tbs	2 tbs	plain flour *
1 tbs	2 tbs	olive oil *
½ packet	1 packet	green beans, trimmed 
1	2	red capsicum, chopped into chunks 
2 cloves	4 cloves	garlic, peeled & finely chopped 
½	1	lemongrass, peeled & very finely chopped 
1	2	long red chilli, finely sliced
1 bunch	2 bunches	spring onions, finely sliced
2 ½ tbs	5 tbs	salt-reduced soy sauce *
1 tbs	2 tbs	white wine vinegar *
½ tbs	1 tbs	water *

 Ingredient features in another recipe

* Pantry Items

 Pre-preparation

Nutrition per serve

Energy	2620	Kj
Protein	42.7	g
Fat, total	15.2	g
-saturated	4.2	g
Carbohydrate	77.1	g
-sugars	5.2	g
Sodium	706	mg



You will need: *chef's knife, chopping board, sieve, medium saucepan, medium bowl, medium frying pan, wooden spoon and plate.*

1 Place the **Basmati rice** and the **water** in a medium saucepan and bring to the boil over a high heat. Reduce to a medium heat and simmer, uncovered, for **8-10 minutes**, or until the rice is soft. Drain and set aside, covered.



2 Meanwhile, toss the **beef strips** and **plain flour** in a medium bowl until the beef strips are coated. Season with **salt** and **pepper**.

3 Heat half the **olive oil** in a medium frying pan on a high heat. Place the strips into the pan and brown them off for **2 minutes**, or until cooked through. Remove from the pan and set aside on a plate. In the same frying pan, heat the remaining olive oil over a medium heat and add the **green beans** and **red capsicum**, stirring them constantly for **5 minutes**, or until softened. Add the **garlic**, finely chopped **lemongrass** (to taste), **long red chilli** and the whites of the **spring onion**, and cook for a further **2 minutes**, or until fragrant and combined.



4 Add the beef strips back to the pan with the vegetables and pour in the **salt-reduced soy sauce**, **white wine vinegar** and a dash of **water** over the beef mixture and toss everything together in a pan for **2 minutes**, or until combined.



5 To serve, divide the Basmati rice between plates. Top with the beef and vegetables and sprinkle over the chopped green spring onion. Enjoy!

Did you know? Lemongrass is believed to relieve stress and insomnia.