






More Than Food
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Vietnamese Lemongrass Beef

Just like a rooster, these steaks are super quick! Known for being super tender, these flank steaks are served with steamy basmati rice. We've added some chilli and 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!



30 mins



healthy



spicy



lactose
free



Basmati Rice
($\frac{3}{4}$ cup)



Spring Onion (2)



Green Beans (1 pack)



Red Pepper (1)



Red Chilli ($\frac{1}{2}$ tbsp)



Garlic Clove (2)



Lemongrass ($\frac{1}{2}$)



Flank Steak (1)



Cornflour (1 tbsp)



Soy Sauce ($2\frac{1}{2}$ tbsp)



White Wine
Vinegar (1 tbsp)

Ingredients

2 PEOPLE

ALLERGENS

Basmati Rice	¾ cup	
Spring Onion, chopped	2	
Green Beans, chopped	1 pack	
Red Pepper, chopped	1	
Red Chilli, chopped	½ tbsp	
Garlic Clove, chopped	2	
Lemongrass, chopped	½	
Flank Steak	1	
Cornflour	1 tbsp	
Soy Sauce	2½ tbsp	Gluten, Soya
White Wine Vinegar	1 tbsp	Sulphites

🌱 Our fruit and veggies come straight from the farm so give them a little wash before using

Did you know...

The main constituent of lemongrass oil is citronella oil, which makes up around 80% of the total and can be used as a natural mosquito repellent.

Nutrition per serving: Calories: 604 kcal | Protein: 41 g | Carbs: 81 g | Fat: 13 g | Saturated Fat: 5 g



2 Boil 300ml 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. 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 **red pepper** and chop into (roughly) 2cm chunks. Finely chop the **chilli** and peel and chop the **garlic**.



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. **Tip:** *It's important you chop, chop, chop the lemongrass to make sure it cooks perfectly.*



4 Now slice the **flank 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.

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

7 Throw in the **soy sauce**, **white wine vinegar**, **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!