



# Lemongrass Beef Larb Style Salad

with Green Beans and Jasmine Rice

27

Calorie Smart 20-25 Minutes • Medium Spice • 2 of your 5 a day • Under 650 Calories



Jasmine Rice



Green Beans



Carrot



Baby Gem Lettuce



Echalion Shallot



Beef Mince



Ginger, Garlic & Lemongrass Puree



Rice Vinegar



Ketjap Manis



Sambal Paste

**Pantry Items**

Oil, Salt, Pepper, Sugar, Olive Oil

## Before you start

Our fruit and veg need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Saucepan, lid, peeler, frying pan and bowl.

## Ingredients

Ingredients	2P	3P	4P
Jasmine Rice	100g	150g	200g
Green Beans**	80g	150g	150g
Carrot**	1	1	2
Baby Gem Lettuce**	1	1½	2
Echalion Shallot**	1	1	2
Beef Mince**	240g	360g	480g
Ginger, Garlic & Lemongrass Puree	15g	22g	30g
Rice Vinegar	15ml	22ml	30ml
Ketjap Manis (11)	50g	75g	100g
Sambal Paste	15g	23g	30g
Pantry	2P	3P	4P
Water for the Rice*	200ml	300ml	400ml
Sugar for the Dressing*	½ tsp	¾ tsp	1 tsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2609 /623	671 /160
Fat (g)	25.8	6.6
Sat. Fat (g)	9.4	2.4
Carbohydrate (g)	66.7	17.1
Sugars (g)	22.5	5.8
Protein (g)	32.9	8.5
Salt (g)	2.52	0.65

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

Point™ values based on low-cal cooking spray oil.

## Allergens

### 11) Soya

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

## Contact

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## Cook the Rice

Pour the **water for the rice** (see pantry for amount) into a medium saucepan with a tight-fitting lid.

Stir in the **rice** and **¼ tsp salt** and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins (the **rice** will continue to cook in its own steam).



## Dress the Salad

Meanwhile, in a medium bowl, combine the **rice vinegar**, **sugar** and **olive oil for the dressing** (see pantry for both amounts). Season with **salt** and **pepper**.

Add the **carrot ribbons** and toss to coat in the **dressing**. Set aside.



## Get Prepped

Meanwhile, trim the **green beans**, then cut into thirds.

Trim and peel the **carrot**. Use the peeler to peel long ribbons down the length of the **carrot**, stopping at the core.

Trim the **baby gem**, halve lengthways, then thinly slice widthways. Halve, peel and thinly slice the **shallot**.



## Bring on the Flavours

Once the **beef** is cooked, remove from the heat.

Stir through the **ketjap manis**, **sambal paste** and **1 tbsp of water** per person.

Just before serving, add the **baby gem** to your bowl of **carrot ribbons** and toss to coat in the **dressing**.



## Fry the Beef and Beans

Heat a drizzle of **oil** in a medium frying pan on medium-high heat.

Once hot, add the **beef mince**, **green beans** and **shallot**. Cook until softened and browned, 6-8 mins.

Use a spoon to break up the **mince** as it cooks, then drain and discard any excess fat. **IMPORTANT:** Wash your hands and equipment after handling raw mince. It's cooked when no longer pink in the middle.

Stir in the **ginger, garlic & lemongrass puree**. Cook for 30 secs.



## Serve

Fluff up the **rice** with a fork and share between your bowls.

Top with the **beef larb** on one side and **salad** on the other.

## Enjoy!



Weight Watchers