





Teriyaki Lemongrass Beef

with Jasmine Rice and Carrot Pickle

Family 25-30 Minutes • Mild Spice • 1 of your 5 a day

2



-  Green Beans
-  Carrot
-  Jasmine Rice
-  Rice Vinegar
-  Roasted White Sesame Seeds
-  Beef Mince
-  Ginger, Garlic & Lemongrass Puree
-  Indonesian Style Spice Mix
-  Teriyaki Sauce

Pantry Items
Oil, Salt, Pepper, Sugar

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep. Ingredients in red are hot

Cooking tools

Peeler, saucepan, lid, bowl and frying pan.

Ingredients

Ingredients	2P	3P	4P
Green Beans**	80g	150g	150g
Carrot**	1	2	2
Jasmine Rice	150g	225g	300g
Rice Vinegar	15ml	22ml	30ml
Roasted White Sesame Seeds 3)	5g	7g	7g
Beef Mince**	240g	360g	480g
Ginger, Garlic & Lemongrass Puree	15g	22g	30g
Indonesian Style Spice Mix	1 sachet	1 sachet	2 sachets
Teriyaki Sauce 11)	100g	150g	200g
Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Sugar for the Pickle*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	50ml	75ml	100ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2874 /687	536 /128
Fat (g)	22.6	4.2
Sat. Fat (g)	8.8	1.6
Carbohydrate (g)	87.4	16.3
Sugars (g)	23.0	4.3
Protein (g)	35.6	6.6
Salt (g)	3.33	0.62

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

Allergens

3) Sesame **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.

HIGH PROTEIN - Protein contributes to the maintenance of muscle mass.

Contact

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Get Prepped

Trim the **green beans** and 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.



Fry the Beans and Beef

Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **green beans** and fry until starting to char, 2-3 mins.

Add the **beef mince** and fry until browned, 5-6 mins. Use a spoon to break up the **mince** as it cooks, then drain and discard any excess fat.

Season with **salt** and **pepper**. **IMPORTANT:** Wash your hands and equipment after handling raw mince.



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 or until ready to serve (the **rice** will continue to cook in its own steam).



Mix Things Up

Once the **mince** has browned, lower the heat to medium.

Add the **ginger, garlic & lemongrass puree** and **Indonesian style spice mix** to your pan, then fry until fragrant, 1 min.

Stir in the **teriyaki sauce** and **water for the sauce** (see pantry for amount). Simmer until the **sauce** has thickened and the **beans** are tender, 2-3 mins.

Add a splash of **water** if it gets too thick. **IMPORTANT:** The mince is cooked when no longer pink in the middle.



Pickling Time

In a medium bowl, combine the **rice vinegar**, **sugar for the pickle** (see pantry for amount) and **half** the **roasted sesame seeds**. Season with **salt** and **pepper**.

Add the **carrot ribbons**, mix to coat, then set aside to pickle.



Serve

When everything's ready, fluff up the **rice** with a fork and share between your bowls.

Top with the **teriyaki lemongrass beef** and add the **carrot pickle** alongside.

Sprinkle over the remaining **sesame seeds** to finish.

Enjoy!