



# Lemongrass Beef Larb Style Salad

with Jasmine Rice and Sambal

25

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



-  Jasmine Rice
-  Carrot
-  Lime
-  Baby Gem Lettuce
-  Echalion Shallot
-  Beef Mince
-  Ginger & Lemongrass Puree
-  Mangetout
-  Ketjap Manis
-  Sambal

**Pantry Items**  
Oil, Salt, Pepper

## 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, fine grater, frying pan and bowl.

## Ingredients

Ingredients	2P	3P	4P
Jasmine Rice	100g	150g	200g
Carrot**	1	1	2
Lime**	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
Mangetout**	80g	120g	150g
Ketjap Manis 11)	2 sachets	3 sachets	4 sachets
Sambal	15g	22g	30g

Pantry	2P	3P	4P
Water for the Rice*	200ml	300ml	400ml

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

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	412g	100g
Energy (kJ/kcal)	2459 /588	598 /143
Fat (g)	20.1	4.9
Sat. Fat (g)	8.4	2.1
Carbohydrate (g)	69.6	16.9
Sugars (g)	22.1	5.4
Protein (g)	32.8	8.0
Salt (g)	2.38	0.58

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

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## Cook the Rice

Pour the **cold water for the rice** (see ingredients 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).



## Make your Salad

Meanwhile, add a drizzle of **olive oil** and the **juice** from **half the lime** into a large bowl. Season with **salt, pepper** and a pinch of **sugar** (if you have any).

Mix together, then add the **carrot ribbons** to the **dressing**.

Just before serving, add the **baby gem** to the bowl and toss together.



## Get Prepped

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

Zest and and halve the **lime**.

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



## Finish Up

Once the **beef** is cooked, remove from the heat. Add the **lime zest, ketjap manis** and **1 tbsp of water** per person, then stir to combine.



## Fry the Beef

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

Once the **oil** is hot, add the **beef mince** and **shallot**. Cook until softened and browned, 5-6 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. The mince is cooked when no longer pink in the middle.

Add the **ginger, garlic & lemongrass puree** and **mangetout** to the pan. Cook for 1-2 mins.



## Serve

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

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

Cut any remaining **lime** into **wedges** and serve alongside. Finish with a drizzle of **sambal**.

## Enjoy!

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