



NOV
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Speedy Vietnamese Steak Stir Fry

with Red Pepper and Green Beans

This delicious stir fry is infused with aromatic ground lemongrass, sweet sherry vinegar and pungent fish sauce! And to make sure you are getting at least some of your five-a-day, we have added some fresh green beans, green onions and red pepper!



Prep
30 min



level 1



dairy
free



Sirloin Steak Strips



Red Bell Pepper



Green Beans



Green Onions



Ground
Lemongrass



Sherry Vinegar



Garlic



Basmati Rice



Fish Sauce

Ingredients

4 People

*Not Included

Sirloin Steak Strips		2 pkg (570 g)
Red Bell Pepper		2
Green Beans		1 pkg (454 g)
Green Onion		2
Ground Lemongrass		1 pkg (1 tbsp)
Fish Sauce	1) 2)	1 pkg (¼ cup)
Garlic		2 pkg (20 g)
Sherry Vinegar	3)	1 pkg (2 tbsp)
Basmati Rice		2 pkg (227 g)
Sugar*		2 tsp
Olive or Canola Oil*		

Allergens

- 1) Wheat/Blé
- 2) Fish/Poisson
- 3) Sulphites/Sulfites

Tools

Medium Pot, Large Non-Stick Pan, Measuring Cup

Ruler

0 in ¼ in ½ in ¾ in 1 in

Nutrition per person Calories: 565 cal | Fat: 19 g | Protein: 38 g | Carbs: 60 g | Fiber: 8 g | Sodium: 1503 mg

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



1 Prep: Boil **2 cups salted water** in a medium pot over medium-high heat. **Wash and dry all produce.** Thinly slice the **green onion**. Trim the ends off the **green beans**. Core, then cut the **red peppers** into ½-inch cubes. Mince and grate the **garlic**.



2 Cook the rice: Meanwhile, add **rice** to the boiling water. Reduce the heat to medium-low. Cover and cook until the rice is tender and the water has been absorbed, 10-12 min.



3 Cook the steak: Season the **steak strips** with **half the ground lemongrass, salt and pepper**. Heat a large non-stick pan over high heat. Add a drizzle of **oil**, then the **steak**. (**TIP:** Do not crowd the pan - work in batches if necessary.) Cook until browned, 1-2 min per side. Transfer the steak to a plate.

4 Cook the veggies: Reduce the heat to medium. Add another drizzle of **oil** to the pan, then add the **green onion, garlic, green beans and red pepper**. Cook until the veggies are tender-crisp, 4-5 min.

5 Add the remaining ground lemongrass, fish sauce, sherry vinegar, sugar and steak. Stir until everything is warmed through, 1-3 min.

6 Finish and serve: Divide the **rice** and **beef stir-fry** between bowls. Enjoy!

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