



MAY
2016

Lemongrass Beef Stir-Fry

with Bell Peppers, Green Beans, and Fluffy Rice

Lemongrass is the key ingredient in this simple stir-fry - its mellow, lemony flavor imparts authentic Vietnamese flavor into the dish. Be sure to only mince the innermost core - the outer layers can be very tough!

Prep: 10 min
Total: 30 min

level 1

nut free

dairy free



Tenderloin
Steak Tips



Basmati Rice



Scallions



Green Beans



Red Bell Peppers



Garlic



Lemongrass



Cornstarch



Soy Sauce



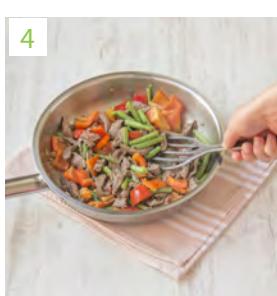
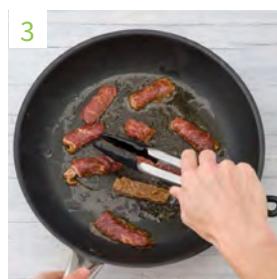
White Wine
Vinegar

Ingredients

	4 People	*Not Included
Tenderloin Steak Tips	16 oz	
Basmati Rice	1 ½ Cup	Allergens
Scallions	4	1) Soy
Green Beans	12 oz	2) Wheat
Red Bell Peppers	2	
Garlic	2 Cloves	
Lemongrass	1 Stalk	
Cornstarch	2 T	
Soy Sauce	1) 2)	
White Wine Vinegar	4 T	
Sugar*	2 T	
Oil *	1 T	
	2 t	

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Nutrition per person Calories: 500 cal | Fat: 11g | Sat. Fat: 3g | Protein: 32g | Carbs: 67g | Sugar: 9g | Sodium: 556mg | Fiber: 4g



1 Prep: Wash and dry all produce. Bring 3 cups salted water to a boil in a medium pot. Trim the ends of the **scallions**, then thinly slice. Trim the ends of the **green beans**, then cut into 1-inch pieces. Core, seed, and thinly slice the **bell peppers**. Mince or grate the **garlic**. Add the **rice** to the boiling water, cover, and reduce to a low simmer for 15-20 minutes, until tender.

2 Prep the lemongrass: Trim the ends of the **lemongrass**, then peel off the outer layers until you get to a rubbery core. Finely mince the core.

3 Cook the steak: Toss the **steak tips** in a medium bowl with the **cornstarch** and a large pinch of **salt** and **pepper**. Heat a drizzle of **oil** in a large pan over high heat. Add the **steak** to the pan and cook for about 1 minute per side, until browned but not yet cooked through. Remove from the pan and set aside.

4 Start the stir-fry: Heat another drizzle of **oil** in the same pan over medium heat. Add the **garlic**, **lemongrass**, and **scallion whites** and cook, tossing for about 2 minutes, until softened. Add the **green beans** and **peppers** and cook, tossing for 5-7 minutes, until softened. Season with **salt** and **pepper**.

5 Finish the stir-fry: Add the **steak**, **soy sauce**, **2 Tablespoons vinegar**, **3 Tablespoons water** and **1 Tablespoon sugar** to the pan. Cook, tossing, for 1-2 minutes, until the sauce has thickened. Taste and season with **salt** and **pepper**.

6 Serve: Fluff the **rice** with a fork. Serve the **stir-fry** over the **rice**, garnish with **scallion greens**, and enjoy!

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