



MAR  
2017

## Thai Beef Satay

with Crispy Broccoli, Peanut Sauce and Jasmine Rice

This Thai favourite shouldn't be limited to your takeout order – it's just as easy to make it at home. A delicious marinade is the secret to these juicy skewers. We can't get enough of this sweet and savoury peanut sauce – the secret is adding pungent (but flavourful) fish sauce!



Beef Tips



Jasmine Rice



Broccoli



Garlic



Green Onions



Fish Sauce



Soy Sauce



Lime



Brown Sugar



Peanut Butter



Wooden Skewers

## Ingredients

	2 People	4 People
Beef Tips	1 pkg (340 g)	2 pkg (680 g)
Jasmine Rice	1 pkg (113 g)	2 pkg (227 g)
Broccoli, florets	1 pkg (227 g)	2 pkg (454 g)
Garlic	1 pkg (10 g)	2 pkg (20 g)
Green Onions	2	4
Fish Sauce	1) 1 pkg (1 tbsp)	2 pkg (2 tbsp)
Soy Sauce	2) 3) 1 pkg (1 tsp)	2 pkg (2 tsp)
Lime	1	2
Brown Sugar	1 pkg (1 tbsp)	2 pkg (2 tbsp)
Peanut Butter	4) 1 pkg (2 tbsp)	2 pkg (4 tbsp)
Wooden Skewers	4	8
Olive or Canola Oil*		

\*Not Included

## Allergens

- 1) Fish/Poisson
- 2) Wheat/Blé
- 3) Soy/Soja
- 4) Peanuts/Cacahuètes

## Tools

Shallow Dish, 2 Small Pots, Zester, Measuring Cups, Baking Sheet, Medium Bowl, Whisk, Measuring Spoons

Ruler

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**Nutrition per person** Calories: 628 cal | Fat: 20 g | Protein: 48 g | Carbs: 67 g | Fibre: 4 g | Sodium: 1013

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

4



**1 Preheat your broiler to high (to broil the broccoli and skewers).**

**2 Prep: Wash and dry all produce.** Soak the **skewers** in a shallow dish of water. In a small pot, bring **1 cup salted water** (double for 4 people) to a boil. Mince or grate the **garlic**. Zest, then halve the **lime(s)**. Thinly slice the **green onions**.

**3 Cook the rice:** Add the **rice** to the boiling water. Reduce the heat to medium-low. Cover with a lid, and cook until the rice is tender and the water has been absorbed, 12-14 min.

**4 Prep the beef:** In a medium bowl, combine the **fish sauce, soy sauce, sugar, garlic, lime zest** and a drizzle of **oil**. Add the **beef** and stir to coat. Thread the **beef** onto the **skewers**. (Don't discard the marinade – we'll use it later to make a sauce!)

5



**5 Broil the broccoli and skewers:** Toss the **broccoli** on a parchment-lined baking sheet with a drizzle of **oil**. Season with **salt** and **pepper**. Place the **skewers** alongside the **broccoli**. Broil in the centre of the oven, flipping the skewers halfway through, until golden-brown, 7-10 min.

5



**6 Make the peanut sauce:** Meanwhile, heat a small pot over medium heat. Add the **green onion** and leftover **marinade**. Bring to a boil, then whisk in the **peanut butter** and **1/2 cup water** (double for 4 people) until mixture is smooth. Squeeze in **1 tbsp lime juice**. (Add more lime juice, 1 tsp at a time, if you'd like your sauce to be more tangy!)

6



**7 Finish and serve:** Divide the **rice** and **broccoli** between plates. Top with the **beef satay skewers** and serve the **peanut sauce** alongside for dipping. Enjoy!

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