



# Thai Beef Stir-Fry & Makrut Lime Rice

with Roasted Peanuts & Cashews

Grab your Meal Kit with this symbol



Garlic



Makrut Lime Leaves



Jasmine Rice



Red Onion



Capsicum



Carrot



Lime



Beef Strips



Baby Spinach Leaves



Thai Red Curry Paste



Roasted Peanuts

- Hands-on: **25-35** mins
- Ready in: **35-45** mins
- Spicy (Thai red curry paste)

Enjoy a medley of fragrant flavours in this stir-fry that uses Thai red curry paste for a gentle warming heat. With makrut lime leaves bringing an enticing aroma and roasted nuts for addictive crunch, this is an easy way to enjoy a taste of Thailand at home.

*Unfortunately, this week's courgette and Asian greens were in short supply, so we've replaced them with capsicum and baby spinach leaves. Don't worry, the recipe will be just as delicious!*

### Pantry items

Olive Oil, Butter, Soy Sauce, Brown Sugar

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash too.

### You will need

Medium saucepan with a lid · Large frying pan or wok

### Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
makrut lime leaves	2 leaves	4 leaves
butter*	40g	80g
jasmine rice	1 packet	2 packets
water* (for the rice)	1¼ cups	2½ cups
salt*	¼ tsp	½ tsp
red onion	1	2
capsicum	1	2
carrot	1	2
lime	½	1
beef strips	1 packet	1 packet
baby spinach leaves	1 bag (60g)	1 bag (120g)
Thai red curry paste	½ tin	1 tin
soy sauce*	1 tbs	2 tbs
brown sugar*	1 tsp	2 tsp
water* (for the beef)	2 tbs	¼ cup
roasted peanuts	1 packet	2 packets

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	3200kJ (764Cal)	507kJ (121Cal)
Protein (g)	46.8g	7.4g
Fat, total (g)	25.0g	4.0g
- saturated (g)	9.7g	1.5g
Carbohydrate (g)	83.5g	13.2g
- sugars (g)	17.4g	2.8g
Sodium (g)	1560mg	247mg

### Allergens

Please visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes) for allergen information. If you have received a substitute ingredient, please be aware allergens may have changed. Always read product labels for the most up-to-date allergen information.



## 1. Cook the rice

Finely chop the **garlic** (or use a garlic press). Scrunch up the **makrut lime leaves**. In a medium saucepan, melt **1/2** the **butter** with a **dash** of **olive oil** over a medium heat. Add the **makrut lime** and **1/2** the **garlic** and cook until fragrant, **1-2 minutes**. Add the **jasmine rice**, **water (for the rice)** and the **salt** and bring to the boil. Reduce the heat to low and cover with a lid. Cook for **12 minutes**, then remove from the heat and keep covered until the rice is tender and the water is absorbed, **10-15 minutes**.

**TIP:** The rice will finish cooking in its own steam so don't peek!



## 4. Cook the veggies

Return the frying pan or wok to a medium-high heat with a **drizzle** of **olive oil** if needed. Add the **onion** and cook, stirring occasionally, until just softened, **2-3 minutes**. Add the **capsicum** and **carrot** and cook, tossing, until softened, **4-5 minutes**. Add the **baby spinach leaves** and **remaining garlic** to the pan and cook until fragrant, **1 minute**.



## 2. Get prepped

While the rice is cooking, thinly slice the **red onion**. Thinly slice the **capsicum** into strips. Thinly slice the **carrot** (unpeeled) into half-moons. Slice the **lime** (see ingredients list) into wedges.



## 3. Brown the beef strips

In a large frying pan or wok, heat a **drizzle** of **olive oil** over a high heat. When the oil is hot, add **1/2** the **beef strips** and cook until browned, **1-2 minutes**. Transfer to a bowl and repeat with **remaining beef strips**.

**TIP:** Cooking the meat in batches over a high heat helps it stay tender.



## 5. Bring it all together

**SPICY:** The red curry paste is spicy, use less if you're sensitive to heat. Add the **Thai red curry paste** (see ingredients list) and the **remaining butter** to the pan and stir to coat. Cook until fragrant, **1-2 minutes**. Add the **soy sauce**, **brown sugar** and **water (for the beef)** and stir to combine. Return the **beef strips** and any resting juices to the pan and toss to combine until heated through, **1-2 minutes**. Add a **squeeze** of **lime juice** to taste.



## 6. Serve up

Remove the makrut lime from the jasmine rice. Divide the rice between bowls and top with the Thai beef stir-fry. Garnish with the **roasted peanuts** and serve with any remaining lime wedges.

## Enjoy!