



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!