



### Product Spotlight: Lemongrass


Turn leftover lemongrass into mosquito repellent! Place lemongrass in a saucepan, cover with water and bring to a boil. Remove the saucepan from the heat and leave it to sit overnight. Place the mixture in a spray bottle, and use it to scatter mosquitoes.




## Lemongrass Beef

### with Coconut Rice

Beef mince cooked in fragrant lemongrass and sweet chilli sauce and served on a bed of coconut rice, garnished with fresh mint and roasted cashews.

 25 minutes

 4 servings

 Beef

2 June 2023

## Switch the sauce!

*Add honey and sesame oil instead of sweet chilli sauce if you prefer!*

Per serve: **PROTEIN** 39g **TOTAL FAT** 30g **CARBOHYDRATES** 38g

## FROM YOUR BOX

BASMATI RICE	300g
COCONUT MILK	400ml
LEMONGRASS STEM	1
LIME	1
BEEF MINCE	600g
BEAN SHOOTS	1 packet
CARROTS	2
LEBANESE CUCUMBER	1
MINT	1 packet
ROASTED CASHEWS	1 packet (40g)

## FROM YOUR PANTRY

oil for cooking, salt, soy sauce, sweet chilli sauce

## KEY UTENSILS

frypan, saucepan with lid

## NOTES

To prepare the lemongrass stalk, slice off the bottom-most section and peel away any dried-out layers, then bash the woody top end with a rolling pin to soften before chopping.

Coconut oil works well for this dish!

You can cook the carrot with the beef if you prefer a warmer dish.



### 1. COOK THE RICE

Place rice and coconut milk in a saucepan. Add **1 1/2 cups water** and a pinch of **salt**. Cover with a lid and bring to a boil. Reduce to lowest heat for 10–15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



### 2. PREPARE THE SAUCE

Finely chop lemongrass (see notes). Combine with **2 tbsp soy sauce**, **3 tbsp sweet chilli sauce**, zest and juice from 1/2 lime (wedge remaining).



### 3. COOK THE BEEF

Heat a frypan over medium–high heat with **oil** (see notes). Add beef and 3 tbsp prepared sauce. Cook for 6–8 minutes until cooked through. Stir in bean shoots and cook until wilted. Take off heat.



### 4. PREPARE THE TOPPINGS

Julienne carrots and slice cucumber (see notes). Chop mint leaves and cashews.



### 5. FINISH AND SERVE

Divide rice among bowls. Top with beef and fresh toppings. Garnish with mint leaves and cashews. Spoon over remaining sauce and serve with lime wedges.



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