



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: CONTINENTAL CUCUMBER

In Australia, you'll find two main types of cucumber in the fresh-food aisle: the Lebanese and the continental. Both types are very low in calories and bring a fresh taste to almost any salad — along with a little fibre, vitamin C, and potassium.



3. THAI BEEF AND SALAD

WITH COCONUT-LIME SAUCE

 30 Minutes

 4 Servings

Who says steak can only be served with a side of potatoes? Not us! This tasty Thai-style dinner features tender beef steak with a side of crunchy salad and creamy coconut-lime sauce.

FROM YOUR BOX

BASMATI RICE	300g
BEEF RUMP STEAKS	600g
SPRING ONIONS	1/4 bunch *
COCONUT MILK	165ml
LIME	1
CONTINENTAL CUCUMBER	1/2 *
CELERY STICKS	2
CARROTS	2
BEAN SHOOTS	1 bag (250g)
PEANUTS	1 packet (50g)

* Ingredient also used in another recipe

FROM YOUR PANTRY

olive + oil for cooking, pepper, soy sauce, sweet chilli sauce, vinegar of choice (optional)

KEY UTENSILS

2 saucepans, frypan/griddle pan

NOTES

Use rice container to easily measure water.

We used coconut oil for cooking. Sesame oil would also work well.

If you prefer, don't make a salad and cut veggies into sticks instead.

No beef option - beef rump steaks are replaced with chicken schnitzels. Increase cooking time if needed to ensure chicken is cooked through.



1. COOK THE RICE

Place rice in a saucepan, cover with 1.5 x amount of water (see notes). Cover with a lid, cook over low heat for 10-15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



2. COOK THE STEAKS

Heat a fry/griddle pan over medium-high heat. Rub steaks with **1/2 tbsp oil, 1 tbsp soy sauce and pepper**. Cook for 3-4 minutes each side or until cooked to your liking. Set aside on a plate to rest.



3. MAKE THE SAUCE

Heat a small saucepan with **1 tbsp oil** (see notes) over medium heat. Slice and add spring onions, cook for 1-2 minutes. Add coconut milk, zest from 1 lime, juice from 1/2 lime, **1 tbsp soy sauce and 2 tbsp sweet chilli sauce**. Simmer for 3-4 minutes then remove from heat.



4. TOSS THE SALAD

Slice cucumber and celery, ribbon carrots (see notes). Toss together with bean shoots and dress with **1 tbsp olive oil and 1/2 tbsp vinegar** (optional).



5. FINISH AND PLATE

Wedge remaining lime.

Slice steaks and serve with rice, salad and lime wedge. Drizzle with sauce and scatter with peanuts.

How did the cooking go? We'd love to know - help us by sharing your thoughts!
Want to chat? Call us Mon-Tue 8.30am-6.00pm, Wed-Fri 8.30am-4.00pm on 1300 135 660 or text us anytime on 0481 072 599.

