

Product Spotlight: Coriander

The whole coriander plant is edible with the roots carrying the most flavour! You either love or hate coriander; and it's all to do with genetics!



Nam Jim sauce is a classic dipping sauce with Thai roots. It is a great accompaniment for all grilled meats, drizzled over rice or as a salad dressing.

Per serve: PROTEIN TOTAL FAT CARBOHYDRATES 51g 7g 51g

Beef Steaks with Nam Jim

Beef steaks served with roasted sweet potatoes, sautéed vegetables and home-made Nam Jim sauce.



8 October 2021

FROM YOUR BOX

SWEET POTATOES	400g
RED ONION	1/4 *
CORIANDER	1 packet
GINGER	1 piece
LIME	1
BEEF STEAKS	300g
GAI LAN	1 bunch
RED CAPSICUM	1/2 *

*Ingredient also used in another recipe

FROM YOUR PANTRY

oil for cooking, salt, pepper, ground coriander, fish sauce, honey

KEY UTENSILS

frypan, oven tray, small blender

NOTES

Add a red or green chilli to your nam jim for extra kick.

No beef option – beef steaks are replaced with chicken breast fillets. Increase cooking time to 10–12 minutes on each side or until cooked through.



1. ROAST SWEET POTATOES

Set oven to 220°C.

Cut sweet potatoes into rounds. Toss on a lined oven tray with **oil, 1 tsp coriander, salt and pepper.** Roast for 15–20 minutes until tender.



2. MAKE NAM JIM SAUCE

Roughly chop red onion, coriander stems and roots (reserve leaves for garnish). Grate ginger to yield 1/2-1 tbsp. Add to blender along with zest and juice from lime, **1 tbsp fish sauce and 1 tsp honey.** Blend until almost smooth (see notes).



3. COOK THE STEAKS

Heat a large frypan over medium-high heat. Coat steaks in **oil, salt and pepper.** Cook for 2-4 minutes each side or until cooked to your liking. Remove from pan to rest.



4. COOK THE VEGETABLES

Trim gai lan and cut into thirds. Slice capsicum. Add to frypan and cook for 3-4 minutes until tender. Season with **fish sauce and pepper**.



5. FINISH AND PLATE

Divide vegetables and steaks among plates. Drizzle over nam jim sauce and garnish with coriander leaves.

