

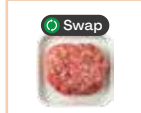


Lemongrass Lapp-Style Salad

with Beyond Meat®, Rice and Greens

Veggie

25 Minutes



Ground Beef
250 g | 500 g

Customized Protein **+** Add **↻** Swap or **×2** Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



- Beyond Meat®
2 | 4
- Jasmine Rice
¾ cup | 1 ½ cup
- Spring Mix
56 g | 113 g
- Mini Cucumber
1 | 2
- Lime
1 | 1
- Lemongrass
½ | 1
- Soy Sauce Mirin Blend
4 tbsp | 8 tbsp
- Ginger-Garlic Puree
2 tbsp | 4 tbsp
- Cilantro
7 g | 7 g
- Crispy Shallots
28 g | 28 g

You have been entered for a chance to win **1 OF 25 FREE VIDA BBQS!**

Keep ordering from the summer menu throughout June to get more chances to win. Every order of a summer menu recipe gets you an entry into the contest.



No Purchase Necessary. Mail-in essay permitted as an alternate form of entry. This contest ("Contest") is sponsored and operated by GDE Grocery Delivery E-Services Canada Inc. ("HelloFresh"). Contest open to individuals legally resident in British Columbia, Alberta, Saskatchewan, Manitoba, Ontario, New Brunswick, Prince Edward Island, Nova Scotia, and Newfoundland and Labrador who are the legal age of majority or older in the province of residence at time of entry. Contest closed to residents of Quebec. Contest begins June 3, 2024 at 9:00 a.m. EST and ends on June 30, 2024 at 11:59 p.m. EST. Skill-testing question required. Odds of winning depends on number of eligible entries. No set number of prizes has been allocated to any particular province or region. Limit six entries per person per week. If entering via eligible purchase, only marked summer recipes are eligible. 25 Prizes: each a Vida by PADerno Essence Series 4-burner Propane Gas BBQ Grill (approx. retail value of \$249.99 CAD). Canadian Tire is not a sponsor, co-sponsor, or administrator of the contest. Full contest rules and details are accessible at [hellofresh.ca/freshsummer](https://www.hellofresh.ca/freshsummer).

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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Ingredient quantities 56 g | 113 g
2 person 4 person

Pantry items | Oil, sugar, pepper, salt

Cooking utensils | Large non-stick pan, measuring cups, measuring spoons, medium bowl, medium pot, small bowl, strainer, whisk, zester

1



Make rice

• Before starting, wash and dry all produce.

- Add **1 cup** (2 cups) **water** and **1/8 tsp** (1/4 tsp) **salt** to a medium pot. Cover and bring to a boil over high heat.
- Meanwhile, using a strainer, rinse **rice** until water runs clear. Add **rice** to the **boiling water**, then reduce heat to medium-low. Cover and cook until **rice** is tender and liquid is absorbed, 12-14 min. (**NOTE:** Reduce heat to low if water is boiling over.)
- Remove from heat. Set aside, still covered.

2



Prep

- Meanwhile, zest and juice **half the lime** (whole for 4 ppl), and cut **any remaining** into wedges.
- Halve **cucumber** lengthwise, then cut into 1/2-inch half-moons.
- Roughly chop **cilantro**.
- Trim the bottom of **half the lemongrass** (use all for 4 ppl), then remove outer layer. Using a rolling pin or heavy pot, carefully smash **lemongrass** to split open, then finely chop.

3



Make laap sauce

- Combine **lime zest**, **soy sauce mirin blend**, **ginger-garlic puree**, **1/4 cup** (1/2 cup) **water** and **1 tsp** (2 tsp) **sugar** in a small bowl. Set aside.

4



Cook Beyond Meat®

[Swap](#) | [Ground Beef](#)

- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **lemongrass** and **Beyond Meat®**. Cook, breaking up **patties** into bite-sized pieces, until slightly crispy, 5-6 min.**
- Add **laap sauce**. Reduce heat to medium. Season with **salt** and **pepper**. Cook, stirring often until **sauce** reduces slightly, 1-2 min.

5



Mix salad

- Add **1/2 tbsp** (1 tbsp) **lime juice**, **1 tbsp** (2 tbsp) **oil** and **1/4 tsp** (1/2 tsp) **sugar** to a medium bowl. Season with **salt** and **pepper**, then whisk to combine.
- Add **spring mix** and **cucumbers**, then toss to combine.

6



Finish and serve

- Fluff **rice** with a fork, then stir in **half the cilantro**.
- Divide **rice** between plates. Top **rice** with **salad**, then spoon **Beyond Meat® laap mixture** over top.
- Sprinkle with **half the crispy shallots** (use all for 4 ppl) and **remaining cilantro**.
- Squeeze a **lime wedge** over top, if desired.

Measurements
within steps

1 tbsp (2 tbsp) **oil**
2 person 4 person Ingredient

4 | Cook beef

[Swap](#) | [Ground Beef](#)

If you've opted to get **beef**, cook it in the same way the recipe instructs you to cook the **Beyond Meat®**.**

** Cook to a minimum internal temperature of 74°C/165°F.