

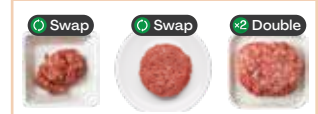


Carb Smart Thai-Style Beef Salad with Mint and Peanuts

Smart Meal

Spicy

25 Minutes



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)

Ground Turkey 250 g | 500 g Beyond Meat® 2 | 4 Ground Beef 500 g | 1000 g



- Ground Beef 250 g | 500 g
- Peanuts, chopped 28 g | 56 g
- Garlic, cloves 1 | 2
- Lemongrass 1 | 2
- Lime 1 | 2
- Red Cabbage, shredded 113 g | 226 g
- Arugula and Spinach Mix 56 g | 113 g
- Mint 7 g | 14 g
- Mini Cucumber 2 | 4
- Chili Flakes 1 tsp | 1 tsp
- Nuoc Cham 2 tbsp | 4 tbsp
- Spicy Mayo 2 tbsp | 4 tbsp

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.

Pantry items | Oil, salt, pepper

Cooking utensils | Large bowl, large non-stick pan, measuring spoons, whisk, zester

1



Prep

- Before starting, wash and dry all produce.

- **Heat Guide for Step 3:**

- 1/8 tsp (1/4 tsp) mild • 1/4 tsp (1/2 tsp) medium
- 1/2 tsp (1 tsp) spicy!

- Roughly chop **mint**.
- Zest, then juice **half the lime**. Cut **remaining lime** into wedges.
- Cut **cucumber** in half crosswise then into 1/4-inch half-moons.
- Peel, then mince or grate **garlic**.
- Remove outer layer of **lemongrass**, then halve lengthwise. Place **lemongrass** on a cutting board, cut-side down. Using the back of a spoon or a pot, forcefully hit **lemongrass** to crush, then chop very finely.

4



Make salad dressing

- Add **lime juice**, **lime zest**, **nuoc cham** and **half the mint** to a large bowl.
- Season with **salt** and **pepper**, then whisk to combine.

2



Toast peanuts

- Heat a large non-stick pan over medium-high heat.
- When hot, add **peanuts** to the dry pan. Toast, stirring often, until golden, 3-4 min. (**TIP:** Keep your eye on them so they don't burn.)
- Transfer to a plate.

3



Cook beef

🔄 Swap | **Ground Turkey**

🔄 Swap | **Beyond Meat®**

✖2 Double | **Ground Beef**

- Reheat the pan over medium-high.
- When hot, add 1/2 **tbsp** (1 **tbsp**) **oil**, then **beef** and **lemongrass**. Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min.**
- Carefully drain and discard **excess fat**.
- Add **garlic**, 1/4 **tsp** (1/2 **tsp**) **chili flakes** and cook, stirring often, until fragrant, 1 min. (**NOTE:** Reference heat guide.) Season with **salt** and **pepper**.

5



Finish and serve

- Add **cabbage**, **arugula** and **spinach mix** and **cucumbers** to the large bowl with the **dressing**. Toss to combine.
- Divide **salad** between plates, then top with the **beef mixture**.
- Sprinkle **peanuts** and **remaining mint** over top.
- Drizzle **spicy mayo** over top.
- Squeeze a **lime wedge** over top, if desired.

Measurements within steps

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

3 | Cook turkey

🔄 Swap | **Ground Turkey**

If you've opted to get **turkey**, add 1 **tbsp** (2 **tbsp**) **oil** to the pan, then add **turkey**. Cook **turkey** in the same way the recipe instructs you to cook the **beef**.**

3 | Cook Beyond Meat®

🔄 Swap | **Beyond Meat®**

If you've opted to get **Beyond Meat®**, cook it the same way as the **beef**, breaking up **patties** into smaller pieces, until crispy, 5-6 min.** Disregard instructions to drain **excess fat**.

3 | Cook beef

✖2 Double | **Ground Beef**

If you've opted for **double beef**, cook it in the same way the recipe instructs you to cook the **regular portion of beef**. Work in batches, if necessary.

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