



UCCOOK

Lemongrass Beef Banh Mi

with pickled veg & fresh coriander

On a crisp-crust, airy baguette comes layers of spicy sriracha mayo, lemongrass, ginger & garlic infused rump strips, plus quick-pickled carrots, cucumber matchsticks & radish rounds. Pace yourself, Chef, because you'll want to finish this in a few big bites!


Hands-on Time: 40 minutes

Overall Time: 45 minutes

Serves: 3 People

Chef: Thea Richter

 Adventurous Foodie

 Creation Wines | Creation
Viognier/Roussanne

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Ingredients & Prep

| | |
|----------|--|
| 2 sticks | Lemongrass <i>rinsed</i> |
| 30g | Fresh Ginger <i>peeled & grated</i> |
| 2 | Garlic Cloves <i>peeled & grated</i> |
| 150ml | Marinade <i>(90ml Low Sodium Soy Sauce, 45ml Honey & 15ml Sesame Oil)</i> |
| 450g | Free-range Beef Rump Strips |
| 2 | Lemons <i>1½ zested & cut into wedges</i> |
| 60g | Radish <i>rinsed & sliced into thin rounds</i> |
| 150g | Cucumber <i>cut into matchsticks</i> |
| 240g | Carrot <i>¾ peeled into ribbons</i> |
| 12g | Fresh Coriander <i>rinsed & picked</i> |
| 3 | Sourdough Baguettes <i>cut in half lengthways</i> |
| 150ml | Sriracha Mayo <i>(120ml Thai Mayo (Original) & 30ml Sriracha Sauce)</i> |

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Butter (optional)

1. GET GOING Trim off the very top and the base of the rinsed lemongrass, then peel away the tough outer layers. Use a rolling pin or bottle to lightly crush the lemongrass, slice it in half lengthways, then finely dice. Place the diced lemongrass in a bowl along with the grated ginger, the grated garlic, and ½ the marinade. Mix until combined. Add the beef strips and set aside to marinate.

2. PICKLED VEG In a bowl, combine the juice of 3 lemon wedges, the lemon zest, and a sweetener of choice (to taste). Add the radish rounds, the cucumber matchsticks, and the carrot ribbons. Toss until coated and set aside to pickle. Rinse and pick the coriander.

3. BASTED BEEF Place a pan over medium-high heat with a drizzle of oil. When hot, fry the marinated beef until browned and cooked through, 2-4 minutes (shifting as it colours). In the final minute, baste with the remaining marinade. Remove from the pan, season, and set aside.

4. BROWNED BAGUETTES Return the pan, wiped down, to a medium-high heat with a knob of butter or a drizzle of oil. When hot, brown the baguette halves, cut-side down, until browned and warmed through, 2-3 minutes.. Drain the pickling liquid from the veg.

5. BEST BANH MI EVER Smear the toasted baguette halves with the sriracha mayo (to taste). Top with the lemongrass beef and some of the pickled veg. Sprinkle over the picked coriander. Serve any remaining fillings and lemon wedges on the side. Close up and enjoy, Chef!

Nutritional Information

Per 100g

| | |
|--------------------|---------|
| Energy | 698kJ |
| Energy | 167kcal |
| Protein | 8.3g |
| Carbs | 19g |
| of which sugars | 5.1g |
| Fibre | 1.6g |
| Fat | 5g |
| of which saturated | 1.4g |
| Sodium | 372mg |

Allergens

Egg, Gluten, Allium, Sesame, Wheat, Sulphites, Soy

Cook
within
4 Days