



UCOOK

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: 30 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Thea Richter

 Adventurous Foodie

 Creation Wines | Creation
Viognier/Roussanne

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Ingredients & Prep

1 stick	Lemongrass <i>rinsed</i>
10g	Fresh Ginger <i>peeled & grated</i>
1	Garlic Clove <i>peeled & grated</i>
50ml	Marinade <i>(30ml Low Sodium Soy Sauce, 15ml Honey & 5ml Sesame Oil)</i>
150g	Free-range Beef Rump Strips
1	Lemon <i>½ zested & cut into wedges</i>
20g	Radish <i>rinsed & sliced into thin rounds</i>
50g	Cucumber <i>cut into matchsticks</i>
120g	Carrot <i>½ peeled into ribbons</i>
4g	Fresh Coriander <i>rinsed & picked</i>
1	Sourdough Baguette <i>cut in half lengthways</i>
50ml	Sriracha Mayo <i>(40ml Thai Mayo (Original) & 10ml 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 1 lemon wedge, 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