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Beef Banh Mi

with Carrot and Herbs

20-30 minutes 2 Servings

The greatest sandwich ever! These Vietnamese-inspired crusty buns stuffed with hot Asian beef, pickled carrot and fresh coriander will score you top points.

WHAT WE SEND

- coriander
- 2 sandwich rolls ^{1,6}
- 80g radish
- 2 carrots
- 5g Thai seasoning ¹⁷
- beef stir-fry

WHAT YOU NEED

- chilli flakes
- mayonnaise ³
- olive oil
- sugar
- vegetable oil
- white vinegar

TOOLS

- baking paper
- medium frypan
- oventray

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Egg (3), Soy (6), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 680kcal, Fat 12.9g, Carbs 81.0g, Proteins 54.3g



1. Pickle veggies

Preheat the oven to 200C. Line an oven tray with baking paper. Peel the **carrots**, then peel into ribbons. Thinly slice the **radish**. Put **1 tbs white vinegar**, **2 tsp sugar** and ½ **tsp salt** in a large bowl and stir to dissolve. Add the carrot and radishes and toss to combine. Set aside to pickle until needed.



2. Marinate beef

Put the **beef**, **Thai seasoning** and **1 tbs olive oil** in a bowl, season with **pepper** and stir well to coat.



3. Warm bread

Cut lengthwise down the middle of the **bread** to form a slit, taking care not to cut all the way through. Put on the lined tray and bake for 8-10 mins until warmed through and crusty.



4. Cook beef

Meanwhile, heat **1 tbs vegetable oil** in a medium frypan over high heat. Stir-fry the **beef** for 2-3 mins until golden and cooked through. Remove the pan from the heat.



5. Serve up

Pick the **coriander** sprigs and finely chop the stems. Drain the **pickled veggies**, add the **coriander leaves** and toss to combine. Spread the **buns** with **1 tbs mayonnaise**, then fill with the **pickled vegetables** and **beef**. Scatter over the **chopped coriander stems**, ¼ **tsp dried chilli flakes** (optional) and a **little of the pickling liquid** to taste. Enjoy.



6. Make it yours

Add fresh chopped chilli or sriracha if you like it hot. Otherwise cripsy shallots are another great addition that add a bit of crunch and subtle onion flavour.



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