

MARLEY SPOON



Malaysian Satay Beef

with Pickled Veggies and Rice



20-30min



2 Portions

A combo of cooked, raw, pickled, rich and fresh elements, this perfectly balanced dish has it all. As you cook, you'll smell delicious aromas of curry spice, peanut and kecap manis (sweet, Indonesian soy sauce) and they'll transport you straight to your favourite corner of South East Asia. Flavour-packed, this speedy, meaty meal is one for the spice lovers out there.

What we send

- 17
- 1,6,17
- 5
- 5
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* The remainder of this ingredient won't be used in this recipe.

What you'll require

- neutral-flavoured oil
- sea salt and pepper
- sugar
- water
- white vinegar

Utensils

- fine grater
- large frypan
- mandoline (optional)
- small saucepan with lid

Our veggies come fresh from the farm, so please wash them before use.

Cooking tip

Add the sambal oelek to suit your heat preference.

Allergens

Gluten (1), Peanuts (5), Soy (6), Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 865kcal, Fat 33.1g, Carbs 78.5g, Protein 57.8g



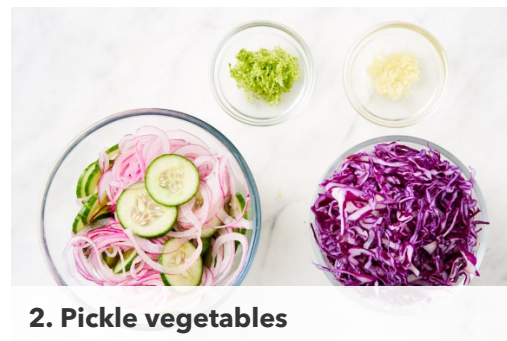
1. Cook rice

Read through the recipe. Rinse the **rice** until the water runs clear. Put in a small saucepan with **250ml (1 cup) water**, cover and bring to a simmer over medium heat. Reduce the heat to low and cook for 12 mins or until tender and the water has absorbed. Turn off the heat and stand, covered, for at least 5 mins.



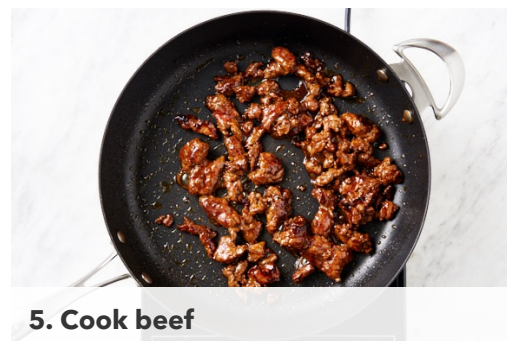
4. Make satay sauce

Finely chop the **peanuts**. Combine the peanuts, **peanut butter**, **sambal oelek** (see cooking tip), **2 tsp kecap manis****, **1 tsp Malaysian curry powder****, **2 tsp white vinegar** and **2 tsp water** in a bowl.



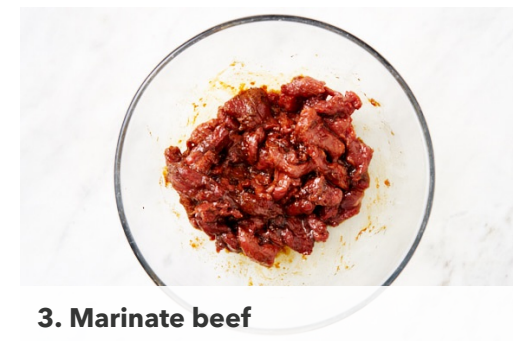
2. Pickle vegetables

Meanwhile, very thinly slice the **onion** and **cabbage** with a mandoline or sharp knife. Crush or finely chop the **garlic**. Thinly slice the **cucumber**. Finely grate the zest of **half the lime****, then juice the half. Put the cucumber and onion in a bowl, add the **lime juice**, **½ tsp sugar**, season with **salt and pepper** and toss to combine.



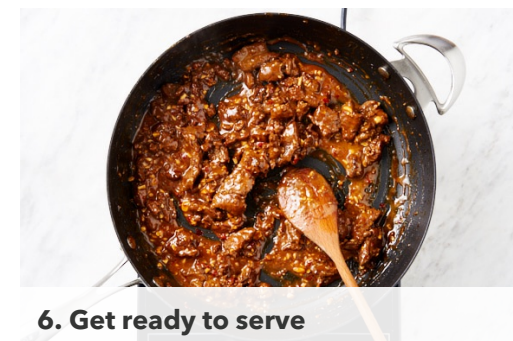
5. Cook beef

Heat a large frypan over high heat until hot. Cook the **beef**, turning once, for 1-2 mins until browned.



3. Marinate beef

Combine the **garlic**, **lime zest**, **2 tsp kecap manis**, **1 tsp Malaysian curry powder** and **1 tbs oil** in a large bowl and season with **pepper**. Separate the **beef stir-fry**, add to the **marinade**, then toss to coat.



6. Get ready to serve

Add the **satay sauce** to the **beef** and cook, stirring, for 1 min or until heated through. Remove from the heat. Drain the **cucumber** and **onion**, discarding the pickling liquid. Divide the **rice**, **beef satay**, **pickles** and **cabbage** among bowls to serve.