

# MARLEY SPOON



## Thai Beef Rice Bowls

with Green Beans and Fried Eggs

 20min  2 Portions

Thais are masters at tossing a few key ingredients together in a wok then spooning the cooked result over rice, with a perfectly fried egg on the side. A little sweet, a touch salty, a bit spicy and always very fragrant, Thai flavours are beautifully balanced and zingy. This quickly-made dish is a case in point; it's almost as good as a trip to Bangkok. Almost.

## What we send

- 1
- 4
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\* The remainder of this ingredient won't be used in this recipe.

## What you'll require

- 2 eggs<sup>3</sup>
- neutral-flavoured oil
- pepper
- sugar
- water

## Utensils

- fine grater
- large frypan
- small saucepan with lid

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

## Cooking tip

Garlic used raw needs to be finely minced. Adding a little salt to the garlic on the chopping board helps.

## Allergens

Gluten (1), Egg (3), Fish (4). May contain traces of other allergens.

## Nutrition per serving

Energy 800kcal, Fat 36.5g, Carbs 65.4g, Proteins 47.7g



### 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 is absorbed. Turn off the heat and stand, covered, for at least 5 mins.



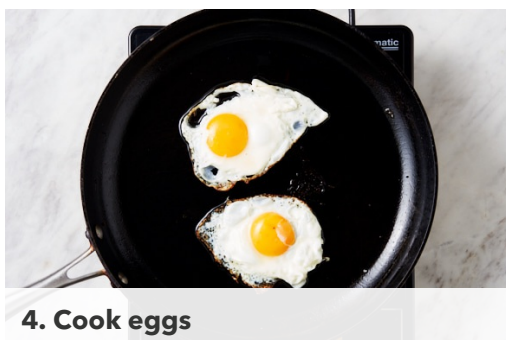
### 2. Prepare vegetables

Meanwhile, trim the **green beans** and slice into 5cm lengths on an angle. Halve the **zucchini** lengthwise, then thinly slice on an angle. Finely chop the **coriander**, including the stems. Chop the **garlic**, then press with the flat side of a knife to finely mince (see cooking tip). Finely chop the **chilli**, discarding seeds and membrane if less heat is desired.



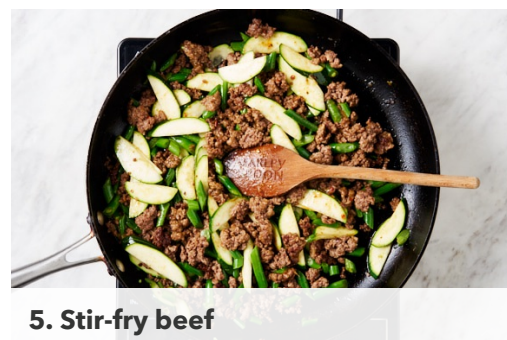
### 3. Make seasoning sauce

Remove the central vein from the **kaffir lime leaf** and finely shred, discarding the vein and stem. Finely grate the zest of the **lime**, then juice. Combine the **garlic, chilli, lime leaves, lime zest, 3 tsp lime juice, 2 tsp fish sauce\*\*** and **1 tsp sugar** in a bowl.



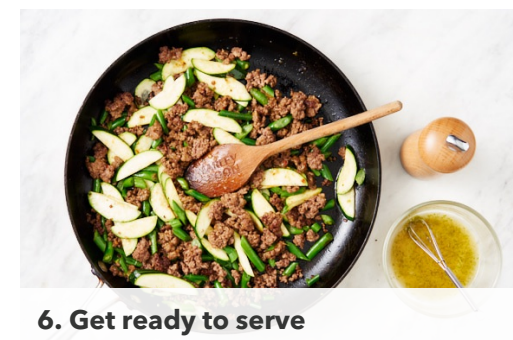
### 4. Cook eggs

Heat **1 tbs oil** in a large frypan over medium heat. Crack **2 eggs** into the pan and cook for 3-4 mins until just set, or until cooked to your liking. Transfer to a plate.



### 5. Stir-fry beef

Heat **1 tbs oil** in the pan over high heat. Cook the **beef mince**, breaking up the lumps with a spoon, for 3-4 mins until browned. Add the **beans** and stir-fry for 2 mins. Add the **zucchini** and stir-fry for 2 mins or until the beans and zucchini are just tender. Remove from the heat.



### 6. Get ready to serve

Stir the **seasoning sauce** into the beef mixture and season with **pepper**. Divide the **rice, beef mixture** and **eggs** among bowls. Scatter with the **coriander** and **fried shallots** to serve.