

# Spicy Indonesian Steak Salad

## with Peanuts

hellóchef

Sambal is a chilli-based sauce which is a staple at Indonesian tables!

Cals 576 • Prot 52 • Carbs 40 • Fat 27

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🕒 cook: 30 min

R3056



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Salad	2 ppl	3 ppl	4 ppl	
Rump steak	400	600	800	Grams
Green beans	150	250	300	Grams
Large green chilli	1	1	2	Piece
Fresh mint	10	10	20	Grams
Fresh coriander	15	15	30	Grams
Cherry tomatoes	150	250	300	Grams
Carrot	1	2	2	Piece
Vegetable oil	1	2	2	Tbsp
Salted peanuts 1*	40	60	80	Grams
Salt	0.5	1	1	Tsp
Black pepper	0.5	1	1	Tsp
Dressing				
Shallots	1	1	2	Piece
Garlic cloves	1	1	1	Piece
Lime	1	2	2	Piece
Sesame oil 3*, 9*	15	22	30	ML
Honey	15	15	30	Grams
Sambal oelek	10	10	20	Grams
Fish sauce 6*, 10*	10	10	15	ML
Soy sauce 9*, 10*, 11*	10	15	20	ML

Allergens

\*1 Peanuts, \*3 Sesame Seeds, \*9 Soya, \*6 Fish, \*10 Wheat, \*11 Gluten

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide and Celery.**

Nutritional information	Per Serving*
Energy (kJ/kcal)	2412 / 576
Fat (g)	26.6
of which saturates (g)	5.7
Carbohydrate (g)	40
of which sugars (g)	19.1
Fiber (g)	10.3
Protein (g)	52
Salt (g)	6.4

\*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Prep

Trim and roughly chop the **green beans**. Finely slice the **chilli**. Pick the **mint** and **coriander** leaves. Halve the **cherry tomatoes**. Peel and chop the **carrot** into matchsticks.



2 Boil green beans

Cook the **green beans** in a pot of salted boiling water for 3-4 min or until tender. Drain once cooked.



3 Fry steak

Pat the steaks dry with kitchen paper. Heat a large pan with a drizzle of **oil** over a high heat. Once very hot, add the steaks and fry them for 2-4 min on each side or until cooked to your liking. Transfer the steaks to a plate and leave them to rest for 5-10 min.



4 Make dressing

Meanwhile, peel and finely slice the **shallots**. Peel and mince {0.5/0.5/1} **garlic cloves**. Juice the **limes** into a bowl or jar. Add the **garlic, sesame oil, honey, sambal (spicy!), fish sauce** and **soy sauce** and whisk or shake until fully combined. Add the **shallots** – this is your **dressing**.

**Tip!** Add the soy sauce to the dressing last, so you can adjust the saltiness to taste.



5 Toss salad

Toss the **green beans, mint, coriander, peanuts, chilli (spicy!), carrot** and **cherry tomatoes** in the **dressing**.



6 Serve

Once rested, season the steaks generously with **salt** and **pepper** and slice. Serve the **steak** over the **salad**.