

melie's
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Panasonic

Thai Beef Rice Paper Rolls
with Curry Satay Sauce & Vietnamese Mint



Lemongrass Satay Sauce:

- 1 thumb-sized piece ginger (30g), roughly chopped
- 3 fat cloves garlic, peeled
- $\frac{1}{4}$ medium brown onion, peeled & roughly chopped
- 2 mild red chillies, stem removed & roughly chopped
- 1 stalk lemongrass, outer layer removed & roughly chopped
- 1 large Makrut lime leaf
- 1 tsp hot curry powder
- $\frac{1}{2}$ cup roasted unsalted peanuts
- $\frac{1}{2}$ cup Kara full-fat coconut milk
- 3 Tbsp soft brown sugar, lightly packed
- 2 Tbsp each light soy sauce & fish sauce
- 1 Tbsp tamarind paste

Sticky Lemongrass Beef Filling:

- 3 Tbsp freshly squeezed lime juice
- 3 Tbsp each fish sauce & brown sugar
- 1 tsp tamarind paste
- 500g beef mince
- 2 cloves garlic, minced
- $\frac{1}{2}$ stalk lemongrass, outer layer removed & very finely chopped
- $\frac{1}{2}$ tsp chilli flakes
- 1 $\frac{1}{2}$ Tbsp light soy sauce
- 2 tsp hoisin sauce
- Juice of $\frac{1}{2}$ lime (about 1 Tbsp juice)

Rice Paper Rolls:

- 16 sheets rice paper
- 1 small telegraph cucumber, sliced into matchsticks
- Pickled carrots (see tip)
- 1 large handful each fresh mint leaves & Vietnamese mint leaves
- $\frac{1}{3}$ cup roasted unsalted peanuts
- Chopped red chillies, chopped mint & toasted sesame seeds, to garnish (optional)

Lemongrass Satay Sauce:

Add all of the ingredients to the Panasonic cooking blender, along with $\frac{1}{3}$ cup cold water. Select the chilli sauce function on the blender and press start. Once the cycle has finished, season the sauce to taste with salt. Set aside to cool completely. *See tip for non-blender method.

Sticky Lemongrass Beef Filling: Combine the lime juice, fish sauce, brown sugar and tamarind together in a small bowl. Set aside.

Heat a generous drizzle of neutral oil in a large heavy-based frying pan or skillet on high heat. Once hot, add the beef mince to the pan and season lightly with salt and pepper. Cook for about 5 minutes, tossing occasionally, until the mince is cooked and starting to brown. Add the garlic, lemongrass and chilli flakes to the pan and cook for a further 1-2 minutes, tossing, until fragrant. Add 3 tablespoons of the lime fish sauce mixture to the pan (reserve the remaining sauce mixture to serve), along with the soy sauce. Simmer for about 1 minute, stirring, until the sauce has evaporated and coats the beef mince. Remove from the heat and stir through the hoisin sauce and lime juice. Season to taste with salt and set aside.

Rice Paper Rolls: Fill a large bowl with hot tap water. Wipe your bench clean and dampen it with a clean cloth soaked in water (this stops the rice paper from sticking to the bench). One at a time, dip two sheets of rice paper into the hot water for about 10 seconds, then place onto the bench overlapping the sheets of paper in the middle, like a Venn diagram. Alternatively, you can just use one sheet of rice paper per roll. Arrange some cucumber, pickled carrot, beef, mint, Vietnamese mint and a sprinkle of peanuts in the middle, then roll the rice paper up tightly around the filling. Repeat with the remaining rice paper and fillings - you should get 8 rolls. Grease a large plate with some spray oil and set the rice paper rolls aside on the greased plate.

Heat a large, non-stick frying pan on medium-high heat. Add a drizzle of neutral oil to the pan. Fry the rice paper rolls for about 1 minute on each side, until the rice paper is bubbly and opaque (but not browned).

To Serve: Transfer the rice paper rolls to a serving plate and drizzle over the remaining fish sauce lime juice mixture. Sprinkle over some red chilli, mint and sesame seeds (if using). Serve the satay sauce on the side for dipping.

Tip* For the pickled carrots, finely chop 1 large or 2 small carrots into thin matchsticks. Add to a medium bowl along with $\frac{1}{4}$ cup rice wine vinegar, 2 Tbsp caster sugar and $\frac{1}{4}$ tsp fine table salt. Toss together and set aside to pickle for about 30 minutes. Drain before using.

Tip* For the satay sauce, add the ginger, garlic, onion, chilli, lemongrass, lime leaf and curry powder to a mini food processor or high powered blender. Blitz together to form a coarse paste. Remove the paste from the blender then add the peanuts. Blitz until the peanuts are finely ground. Heat a drizzle of neutral oil in a medium pot on medium-high heat. Fry off the paste for about 5 minutes, until reduced and starting to colour. Add the ground peanuts along with the remaining satay sauce ingredients and $\frac{1}{3}$ cup water. Stir together and bring to a simmer. Reduce the heat to low and simmer for 10 minutes, or until thickened and glossy. Remove from heat and season to taste with fish sauce. Set aside to cool.

