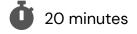






# Mongolian Beef Stir-Fry

A quick and delicious beef stir-fry with mushrooms and spring onions in a glossy ginger soy sauce served over rice and finished with sesame seeds.





2 servings



Spice it up!

You may have some ingredients in your pantry that you can add to the dish! Add some crushed garlic, oyster sauce or Chinese rice wine to the sauce for a more authentic flavour!

PROTEIN TOTAL FAT CARBOHYDRATES 73g

### **FROM YOUR BOX**

BASMATI RICE	150g
GINGER	1 piece
SPRING ONIONS	1 bunch
RED CAPSICUM	1
CARROT	1
ENOKI MUSHROOMS	1 packet
BEEF STIR-FRY STRIPS	300g
SESAME SEEDS	1 packet

#### FROM YOUR PANTRY

oil for cooking, cornflour, hoisin sauce, sugar (of choice), vinegar (of choice), salt and pepper

#### **KEY UTENSILS**

large frypan or wok, saucepan with lid

#### **NOTES**

Pat the beef strips dry with a paper towel to remove any moisture before cooking. You can use sesame oil to cook the beef if you have some. It will add extra flavour to your dish!





#### 1. COOK THE RICE

Place rice in a saucepan, cover with **300ml** water. Bring to a boil. Cover with a lid and reduce to lowest heat for 10–15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



#### 2. PREPARE THE SAUCE

Peel and grate ginger. Combine with 1 1/2 tbsp cornflour, 1/2 tbsp sugar, 1 tsp vinegar, 3 tbsp hoisin sauce and 1 1/2 cup water. Set aside.



#### 3. PREPARE THE VEGETABLES

Slice spring onions into 5cm lengths. Slice capsicum and carrot. Trim and separate mushrooms.



# 4. COOK THE BEEF

Coat beef with 1/2 tbsp cornflour, salt and pepper (see notes). Heat a large wok or frypan over high heat with oil. Cook beef for 1-2 minutes until browned. Remove to a plate and keep pan on heat.



# **5. ADD VEGGIES AND SAUCE**

Add prepared vegetables and cook for 4 minutes until tender. Stir in sauce and simmer for 1 minute until thickened. Stir through beef and season with salt and pepper to taste.



## 6. FINISH AND SERVE

Divide rice among bowls. Top with beef stir-fry and garnish with sesame seeds.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the My Recipes tab in your Profile and leave a review! Text us on 0481 072 599 or send an email to hello@dinnertwist.com.au



