



Mongolian Beef

with Rice

Savour tender strips of crispy beef coated in a rich Mongolian-style sauce, paired with stir-fried capsicum and Asian greens. Served over fluffy rice.



30 minutes



2 servings



Beef

FROM YOUR BOX

SUSHI RICE	150g
GINGER	1 piece
GARLIC CLOVE	1
ASIAN GREENS	1 bunch
RED CAPSICUM	1
BEEF STIR-FRY STRIPS	300g

FROM YOUR PANTRY

oil for cooking, pepper, soy sauce, cornflour, brown sugar

NOTES

You can use these ingredients to make a fried rice instead! Simply stir-fry the beef with vegetables, ginger and garlic. Toss in the cooked rice. Add scrambled eggs and season with soy sauce.

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1. COOK THE RICE

Rinse **sushi rice**. Place in a saucepan with **325ml water**. Cover and bring to a boil. Reduce heat immediately to medium-low. Cook, semi-covered, for 20 minutes until **rice** is tender and water is absorbed.

2. PREPARE THE STIR-FRY

Peel and grate **ginger**. Combine with crushed **garlic**, **3 tsp cornflour**, **1 tbsp sugar**, **2 tbsp soy sauce** and **1/2 cup water**. Trim and slice **Asian greens** (use to taste) and **capsicum**.

TIP *You can use a pre-made stir-fry sauce instead of using the sugar and soy sauce. Black bean, kecap manis, oyster sauce and hoisin sauce work well!*

3. CRISP THE BEEF

Heat a frypan or wok over high heat and cover base with **oil**. Coat **beef** with **1 tsp soy sauce** and dust with **1-2 tbsp cornflour**. Add **beef** (in batches) to pan and cook for 2 minutes (turning once) until crispy. Remove to a paper towel-lined plate and wipe out pan.

TIP *Pat the beef strips dry with paper towel before cooking. This prevents the beef from stewing and ensures it crisps properly.*

4. COOK THE STIR FRY

Add **prepared vegetables** to pan and cook for 1-2 minutes, until tender. Pour in **sauce** and simmer for 1 minute, until thickened. Return **beef** to pan and toss to coat. Season with **pepper**.

5. FINISH AND SERVE

Serve **beef stir-fry** with **rice**.

TIP *Garnish the dish with chopped cashews, sliced spring onions or fresh chilli if you have some.*

This recipe has simplified instructions to help lower your meal cost.