



## 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.



35 minutes



4 servings



Beef

## FROM YOUR BOX

SUSHI RICE	300g
GINGER	1 piece
GARLIC CLOVES	2
ASIAN GREENS	1 bunch
RED CAPSICUM	1
BEEF STIR-FRY STRIPS	600g

## 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.

## 1. COOK THE RICE

Rinse **sushi rice**. Place in a saucepan with **650ml 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**, **1 tbsp cornflour**, **2 tbsp sugar**, **3 tbsp soy sauce** and **3/4 cup water**. Trim and slice **Asian greens** 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 **2 tsp soy sauce** and dust with **2-3 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**.

## 4. FINISH AND SERVE

Serve beef stir-fry with rice.

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

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