



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: BAMBOO SHOOTS

Did you know bamboo is the fastest growing plant on Earth. It has been recorded growing an amazing 120 cm in a 24 hour period! The edible shoots are heart friendly, contain protein, a variety of vitamins and minerals and a good amount of fibre.



2. BEEF & BAMBOO SHOOT

STIR-FRY

 20 Minutes

 4 Servings

Sweet and flavourful beef cooked with onion, garlic, mushrooms, soy and oyster sauce. Served over rice.

FROM YOUR BOX

BASMATI RICE	1 tub (300g)
GINGER	40g
GARLIC CLOVES	2
BEEF STIR-FRY STRIPS	600g
BROWN ONION	1
SNOW PEAS	1 packet (100g)
BAMBOO SHOOTS	1 tin (220g)
SLICED MUSHROOMS	1 punnet (200g)
CHIVES	1/3 bunch *

* Ingredient also used in another recipe

FROM YOUR PANTRY

oil (for cooking), pepper, soy + oyster sauce (see notes), flour (plain or other), 1 stock cube of choice

KEY UTENSILS

saucepan or rice cooker, large wok or frypan

NOTES

Add the beef strips to a hot pan. Allow to brown before turning. Cook in 2 batches if you don't have a big wok/pan.

If you don't have oyster sauce you can use hoisin sauce or flavour the beef with extra soy and Chinese five spice instead.

No beef option - beef strips are replaced with chicken strips. Increase cooking time to ensure the chicken is cooked through.



1. COOK THE RICE

Place rice in a saucepan, cover with 1.5 x amount of water. Cover with a lid, cook over low heat for 10-15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



2. MARINATE THE BEEF

Grate ginger (roughly 1 tbsp) and crush garlic. Whisk to combine with **1 1/2 tbsp soy sauce, 2 tbsp flour** and **3 tbsp water** in a bowl. Add beef to marinate.



3. PREPARE THE VEGETABLES

Thinly slice onion, trim and halve snow peas. Drain and rinse bamboo shoots. Keep separate.



4. COOK THE BEEF

Heat a large wok or pan with **oil** over high heat. Add beef (and marinade), cook for 2-3 minutes, stirring occasionally (see notes). Add onion, mushrooms and **1 crumbled stock cube** to the pan. Cook for further 3-4 minutes.



5. ADD REMAINING INGREDIENTS

Stir in **1 cup water and 2 tbsp oyster sauce**. Combine well and simmer for 2 minutes. Add snow peas and bamboo shoots, heat through. Take off heat and season to taste with **pepper**.



6. FINISH AND PLATE

Serve beef and bamboo shoot stir-fry over rice. Sprinkle with chopped chives.

How did the cooking go? We'd love to know - help us by sharing your thoughts!
Want to chat? Call us Mon-Tue 8.30am-6.00pm, Wed-Fri 8.30am-4.00pm on 1300 135 660 or text us anytime on 0481 072 599.

