



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: LEMONGRASS

To use lemongrass, cut off the very bottom of the stalk and peel off any dry layers. Bash the woody top end with a rolling pin to soften and help release some of the aromatic oils before finely chopping.



3. LEMONGRASS STIR-FRY

WITH BEEF

 30 Minutes

 4 Servings

Beef lemongrass and veggie stir-fry served over rice and garnished with fresh basil and almonds.

17 February 2020

FROM YOUR BOX

BASMATI RICE	1 tub (300g)
BEEF STRIPS	600g
GINGER	40g
LEMONGRASS STICK	1
RED ONION	1/2 *
RED CAPSICUM	1
CARROT	1
PAK CHOY	1 bunch
ALMONDS	1/2 packet (65g) *
BASIL	1 packet

* Ingredient also used in another recipe

FROM YOUR PANTRY

oil (sesame or other), pepper, garlic (2 cloves), oyster sauce (or use hoisin sauce), soy sauce, honey/sugar

KEY UTENSILS

saucepan, large wok or frypan

NOTES

Use the rice tub to quickly measure up 1.5 x amount of water.

Toast almonds in the pan before cooking beef for extra crunch and flavour.

No beef option - beef strips are replaced with chicken strips. Increase cooking time to 5-6 minutes or until cooked through.



1. COOK THE RICE

Place rice in a saucepan, cover with 1.5 x amount of water (see notes). 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

Crush **2 garlic cloves** and combine with **1 tbsp oyster sauce, 1/2 tbsp soy sauce, 1 tsp sugar and 1 tbsp oil** in a shallow bowl. Add beef strips to marinate.



3. PREPARE THE INGREDIENTS

Grate ginger and finely chop lemongrass (see product spotlight overleaf). Slice red onion, capsicum, carrot and pak choy.

Roughly chop almonds and tear basil leaves. Keep separate.



4. COOK THE BEEF STRIPS

Heat a large pan or wok with **oil** over high heat. Add beef and cook, in batches, for 1-2 minutes or until browned. Set aside on a plate and keep pan over high heat.



5. COOK THE VEGETABLES

Add more **oil** to pan along with ginger, lemongrass and onion. Stir-fry for 2-3 minutes then add in the remaining vegetables. Cook for further 3-4 minutes or until cooked to your liking. Return beef and stir in **2 tbsp oyster sauce and 1 tbsp soy sauce**.



6. FINISH AND PLATE

Adjust the seasoning with extra **soy sauce, pepper and sugar** if needed.

Serve stir-fry over rice and garnish with almonds and basil.

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.

