



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Ginger

Store your ginger in the freezer!
Peel or scrub first before you store.
When you need to use it, it is easier
to grate the ginger while it is frozen.



C4 Mongolian Beef Stir-Fry with Rice

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.



20 minutes



4 servings



Beef

16 September 2022

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!*

FROM YOUR BOX

BASMATI RICE	300g
GINGER	1 piece
SPRING ONIONS	1 bunch
RED CAPSICUM	1
SLICED MUSHROOMS	1 punnet (200g)
BEEF STIR-FRY STRIPS	600g
SESAME SEEDS	1 packet (10g)

FROM YOUR PANTRY

oil for cooking (see notes) soy sauce, cornflour, brown sugar, salt, pepper

KEY UTENSILS

large wok or frypan, saucepan with lid

NOTES

You can use sesame oil to cook the beef if you have some. It will add extra flavour to your dish!

Pat the beef strips dry with a paper towel to remove any moisture before cooking.



1. COOK THE RICE

Place rice in a saucepan, cover with 1.5 x amount of water. Bring to the 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 tbsp cornflour**, **2 tbsp sugar**, **1/4 cup soy sauce** and **1/2 cup warm water**. Set aside.



3. PREPARE THE VEGGIES

Slice spring onions into 5cm lengths and slice capsicum. Set aside with mushrooms.



4. COOK THE BEEF

Coat beef with **2 tbsp cornflour**, **salt and pepper** (see notes). Heat a large wok or frypan over medium-high heat with **oil**. Cook beef in batches 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 3 minutes until softened. Stir in sauce and simmer for 1 minute until thickened. Stir through beef and season with **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**

