



Product Spotlight: Ginger

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



Mongolian Beef Stir-Fry

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

7 April 2023

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!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	38g	18g	66g

FROM YOUR BOX

BASMATI RICE	300g
GINGER	1 piece
SPRING ONIONS	1 bunch
RED CAPSICUM	1
CARROT	1
ENOKI MUSHROOMS	1 packet
BEEF STIR-FRY STRIPS	600g
SESAME SEEDS	1 packet

FROM YOUR PANTRY

oil for cooking, cornflour, hoisin sauce, sugar (of choice), vinegar (of choice), salt and pepper

KEY UTENSILS

large frypan or wok, saucepan with lid

NOTES

Pat the beef strips dry with a paper towel to remove any moisture before cooking. You can use sesame oil to cook the beef if you have some. It will add extra flavour to your dish!



1. COOK THE RICE

Place rice in a saucepan, cover with **600ml water**. Bring to a 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 **2 tbsp cornflour**, **1 tbsp sugar**, **1/2 tbsp vinegar**, **1/3 cup hoisin sauce** and **2 cups water**. Set aside.



3. PREPARE THE VEGETABLES

Slice spring onions into 5cm lengths. Slice capsicum and carrot. Trim and separate mushrooms.



4. COOK THE BEEF

Coat beef with **1 tbsp cornflour**, **salt** and **pepper** (see notes). Heat a large wok or frypan over 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 4 minutes until tender. Stir in sauce and simmer for 1 minute until thickened. Stir through beef and season with **salt** and **pepper** to taste.



6. FINISH AND SERVE

Divide rice among bowls. Top with beef stir-fry and garnish with sesame seeds.



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