

**Product Spotlight:
The Ugly Mug**

Made locally with clean ingredients by The Ugly Mug Broth Kitchen, this hoisin sauce is a delicious, thick, caramel, savoury sauce with a touch of sweetness!



Szechuan Beef Steaks

with Brown Rice and Stir-Fried Beans

Beef steaks served alongside nutty brown rice, crunchy stir-fried green beans and a slightly spicy hoisin Szechuan sauce. Finished with a sprinkle of sesame seeds.



30 minutes



2 servings



Beef

Adjust the spice!

Our Szechuan spice mix uses the floral Sichuan peppercorn in the blend! This pepper is known for its tingly numbing spice. If you prefer less heat, you can halve the amount used or leave the spice mix out all together.

Per serve: **PROTEIN** 37g **TOTAL FAT** 26g **CARBOHYDRATES** 41g

FROM YOUR BOX

BROWN RICE	150g
SZECHUAN SPICE MIX	1 tub
HOISIN SAUCE	50ml
SPRING ONIONS	1 bunch
GREEN BEANS	150g
BEEF STEAKS	300g
MIXED SESAME SEEDS	1 packet

FROM YOUR PANTRY

sesame oil for cooking (or other), salt, cornflour, soy sauce

KEY UTENSILS

saucepan, large frypan

NOTES

You can cut the beef into stir-fry strips to cook then mix with vegetables and sauce if you prefer!

Szechuan spice mix: garlic granules, ground cumin, Chinese five spice, Szechuan pepper, chilli flakes and coconut sugar.



1. COOK THE BROWN RICE

Place **rice** in a saucepan and cover with water. Bring to a boil and simmer for 20 minutes, or until tender. Drain and rinse.



2. MAKE THE SAUCE

Reserve **1 tsp Szechuan spice mix**.

Combine remaining Szechuan spice mix with **hoisin sauce, 2 tsp cornflour, 2 tsp soy sauce, 1 tbsp sesame oil and 1/2 cup water** in a bowl.



3. PREPARE THE VEGETABLES

Cut **spring onions** (green + white ends) and **green beans** into 3cm lengths.



4. COOK THE BEEF STEAKS

Heat a frypan over medium-high heat. Rub **steaks** with reserved spice mix, **sesame oil and salt (or soy sauce)**. Add steaks to pan and cook for 2-3 minutes on each side or until cooked to your liking (see notes). Set aside to rest, keep pan over medium-high heat.



5. STIR-FRY THE VEGETABLES

Add a little more **oil** to pan, if needed. Add prepared veggies and stir-fry for 3-4 minutes or until tender to your liking. Pour in sauce to warm through. Season with **soy sauce** to taste (we added 1/2 tbsp).



6. FINISH AND SERVE

Serve Szechuan beef alongside brown rice and stir-fry veggies. Drizzle over pan-sauces and sprinkle over **sesame seeds**.



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