



### Product Spotlight: Green Beans

Unlike fruits which become sweeter the longer they stay on the tree or bush, beans are sweetest when young. If left on the vine, beans wither and the seeds dry and harden. They are best consumed fresh, young, green and sweet.



## 3 Pepper Steak Beef Stir Fry

Tender diced steak stir fry with crunchy green beans, baby corn and ginger with a cracked black pepper sauce on brown rice.



40 minutes



4 servings



Beef

13 July 2020

### Spice it up!

Add 1 tsp of Chinese Shaoxing wine to the beef marinade if you have any in the pantry. You could also substitute the soy sauce with oyster sauce (use double the amount) for a sweet, savoury flavour.

Per serve: **PROTEIN** 68g **TOTAL FAT** 10g **CARBOHYDRATES** 33g

## FROM YOUR BOX

BROWN RICE	300g
BEEF BOLAR BLADE STEAK	800g
BROWN ONION	1
CELERY STICKS	3
GREEN BEANS	1 bag (250g)
BABY CORN	1 punnet
GINGER	30g *
CORIANDER	1/2 packet *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, pepper, soy sauce (or tamari), stock cube (1/2), cornflour, red wine vinegar, ground cumin

## KEY UTENSILS

large frypan or wok, saucepan

## NOTES

Use sesame oil for the stir fry for added flavour.

**No beef option** - beef bolar blade is replaced with **chicken stir-fry strips**. Keep the chicken in the pan from step 4 onwards.



### 1. COOK THE RICE

Place rice in a saucepan and cover with water. Bring to the boil and simmer for 15–20 minutes, or until tender. Drain and rinse.



### 2. MARINATE THE BEEF

Combine **1/2 tsp cracked black pepper**, **1/2 tbsp cumin**, **1 tbsp soy sauce** and **3 tsp cornflour** in a large bowl. Dice and add steak (roughly 2cm dice). Toss until well coated. Set aside.



### 3. PREPARE THE SAUCE & VEG

Combine **1/2 crumbled stock cube**, **1 tbsp cornflour**, **1 tbsp soy sauce**, **1 tbsp vinegar** and **1 1/2 cups water** in a small bowl. Slice onion, celery, green beans and corn. Peel and grate ginger. Roughly chop coriander.



### 4. COOK THE BEEF

Heat a frypan over high heat with **oil**. Add beef (in batches) and cook for 2–4 minutes. Remove to a plate. Reduce pan heat to medium-high.



### 5. COOK THE STIR FRY

Add **1 tbsp oil** and prepared vegetables (except coriander) to pan. Cook for 5 minutes. Return beef to pan, pour in sauce and simmer for 5 minutes until sauce is thickened.



### 6. FINISH AND PLATE

Stir 1/2 the coriander through the stir fry. Season with **black pepper**. Divide rice and beef stir fry among bowls. Garnish with remaining coriander.

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