



Ginger Beef Stir-Fry

Beef strip stir-fry with broccoli, spring onions and ginger served with steamed jasmine rice.



30 minutes



2 servings



Beef

FROM YOUR BOX

JASMINE RICE	150g
GINGER	1 piece
SPRING ONIONS	1 bunch
BROCCOLI	1
BEEF STIR-FRY STRIPS	250g

FROM YOUR PANTRY

oil for cooking, salt, pepper, soy sauce or stir-fry sauce, cornflour

NOTES

You can turn this dish into a fried rice instead! Toss the cooked rice into the stir-fry with ginger. Add sauce of choice.

You may have some items in the pantry that you can add to this stir-fry! Cashews, tinned bamboo shoots or water chestnuts work well! Dried mushrooms can also be rehydrated and added.

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1. COOK THE RICE

Place **rice** in a saucepan, cover with **275ml water**. Bring to a boil. Cover with a lid and reduce to medium-low heat for 10–15 minutes. Remove from heat, uncover and stand for 5 minutes. Stir carefully with a fork.

2. PREPARE THE SAUCE

Peel and grate **ginger**. Combine with **1/2 tbsp cornflour**, **2 tbsp soy sauce or stir-fry sauce** and **3/4 cup water**. Set aside.

TIP *We used a pre-made black bean stir-fry sauce. You can use hoisin, oyster or teriyaki sauce. Add some crushed garlic if you have some.*

3. PREPARE THE STIR-FRY

Slice **spring onions** (2–3 cm). Cut **broccoli** into small florets. Coat **beef strips** with **1 tsp cornflour**, **salt and pepper**.

TIP *Add sliced red capsicum, carrot or mushrooms. Reserve spring onion tops for garnish.*

4. COOK THE STIR-FRY

Heat a frypan or wok over high heat with **oil**. Add **beef** to cook for 1 minute until sealed. Remove from pan. Add **broccoli** to cook for 5 minutes until tender. Return **beef** along with **spring onions** and **sauce**. Cook for 2 minutes until thickened. Season with **pepper** to taste.

TIP *Use sesame oil for extra fragrance. You can use soy sauce or extra stir-fry sauce to season the dish.*

5. FINISH AND SERVE

Serve **beef stir-fry** with **rice**. Garnish with **spring onion tops**.

TIP *Garnish the dish with some dried chilli flakes or sesame seeds if you have some!*

This recipe has simplified instructions to help lower your meal cost.