



## Ginger Beef Stir-Fry

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



25 minutes



4 servings



Beef

## FROM YOUR BOX

JASMINE RICE	300g
GINGER	1 piece
SPRING ONIONS	1 bunch
BROCCOLI	1
BEEF STIR-FRY STRIPS	500g
BEAN SHOOTS	1 bag

## 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.

## 1. COOK THE RICE

Place rice in a saucepan, cover with **550ml 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 tbsp corn flour, 1/4 cup soy sauce or stir-fry sauce** and **1 1/2 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.*

## 2. PREPARE THE STIR-FRY

Slice spring onions (2–3 cm). Cut broccoli into small florets and stem into similar size pieces. Coat beef strips with **1/2 tbsp cornflour, salt and pepper**.

**TIP** *You can add sliced red capsicum, carrot, snow peas or mushrooms. Reserve spring onion tops for garnish.*

## 3. 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, bean shoots and sauce. Cook for 2 minutes until sauce thickens. 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.*

## 4. FINISH AND SERVE

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

**TIP** *Garnish with some dried chilli flakes, sesame seeds or fried shallots if you have some!*

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