



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Ginger Beef Stir-Fry

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



30 minutes



4/6 servings



Beef

FROM YOUR BOX

	4 PERSON	6 PERSON
JASMINE RICE	300g	300g + 150g
GINGER	1 piece	1 piece
SPRING ONIONS	1 bunch	2 bunches
BROCCOLI	1	2
BEEF STIR-FRY STRIPS	500g	500g + 250g
BEAN SHOOTS	1 bag	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.

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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.

6P – cover rice with 825ml water.

2. PREPARE THE SAUCE

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

6P – combine with 1 1/2 tbsp cornflour, 1/3 cup soy sauce or stir-fry sauce and 2 cups water.

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 and stem into similar size pieces. Coat **beef strips** with **1/2 tbsp cornflour, salt and pepper**.

6P – coat beef strips with 1 tbsp cornflour, salt and pepper.

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, 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.*

5. FINISH AND SERVE

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

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