



Beef and Broccoli Stir Fry

A quick and tasty dinner with beef mince, fresh veggies, and your favourite stir fry sauce, served over fluffy jasmine rice.



25 minutes



2 servings



Beef

FROM YOUR BOX

JASMINE RICE	150g
GINGER	1 piece
BROWN ONION	1
RED CAPSICUM	1
BROCCOLI	1
BEEF MINCE	300g

FROM YOUR PANTRY

oil for cooking, soy sauce or stir fry sauce of choice

NOTES

You can use your favourite sauce combination for this dish. Here are some ideas you can try:

Honey soy garlic – 2 tbsp soy sauce, 2 crushed garlic cloves and 1 tbsp honey.

Teriyaki – 2 tbsp soy sauce, 1 tbsp mirin or rice vinegar, 2 tsp brown sugar.

Chilli garlic and soy – 1 tbsp soy sauce, 1 tbsp sweet chilli or sambal, 2 tsp vinegar and 1 crushed garlic clove.

1. COOK THE RICE

Rinse **jasmine rice** and place in a saucepan with **225ml water**. Bring to boil, cover, and simmer on low for 12 minutes. Remove from heat and rest for 5 minutes. Fluff with fork before serving.

2. PREPARE THE VEGETABLES

Peel and grate **ginger**. Dice **onion** and **capsicum**. Cut **broccoli** into small florets.

TIP *You can add Asian greens, baby corn, carrot or zucchini if you would like more veggies.*

3. COOK THE STIR FRY

Heat wok or large frypan over high heat with **oil**. Add **beef mince** and break up into smaller pieces, cook until sealed. Add all **vegetables** and cook, tossing for 5–6 minutes until tender. Toss with **2–3 tbsp soy sauce** or **stir fry sauce of choice** (see notes).

TIP *Use sesame oil for fragrance. Add Chinese five spice and garlic for flavour.*

4. FINISH AND SERVE

Season **stir fry** with **soy sauce** and **pepper** to taste. Divide **rice** between bowls and top with stir fry.

TIP *Garnish with peanuts, sesame seeds, or fried shallots, if available.*

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