



## 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



4 servings



Beef

## FROM YOUR BOX

JASMINE RICE	300g
GINGER	1 piece
BROWN ONION	1
RED CAPSICUM	1
BROCCOLI	1
BEEF MINCE	600g

## 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 **550ml 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.**