



Mongolian Beef

with Rice

Savour tender strips of crispy beef coated in a rich Mongolian-style sauce, paired with stir-fried capsicum and Asian greens. Served over fluffy rice.



30 minutes



4/6 servings



Beef

FROM YOUR BOX

	4 PERSON	6 PERSON
SUSHI RICE	300g	300g + 150g
GINGER	1 piece	1 piece
GARLIC CLOVES	2	3
ASIAN GREENS	1 bunch	1 bunch
RED CAPSICUM	1	2
BEEF STIR-FRY STRIPS	600g	600g + 300g

FROM YOUR PANTRY

oil for cooking, pepper, soy sauce, cornflour, brown sugar

NOTES

You can use these ingredients to make a fried rice instead! Simply stir-fry the beef with vegetables, ginger and garlic. Toss in the cooked rice. Add scrambled eggs and season with soy sauce.

Garnish the dish with chopped cashews, sliced spring onions or fresh chilli if you have some.

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1. COOK THE RICE

Rinse **sushi rice**. Place in a saucepan with **650ml water**. Cover and bring to a boil. Reduce heat immediately to medium-low. Cook, semi-covered, for 20 minutes until **rice** is tender and water is absorbed.

6P - place rice in saucepan with 975ml water.

2. PREPARE THE STIR-FRY

Peel and grate **ginger**. Combine with crushed **garlic**, **1 tbsp cornflour**, **2 tbsp sugar**, **3 tbsp soy sauce** and **3/4 cup water**. Trim and slice **Asian greens** and **capsicum**.

6P - combine grated ginger with crushed garlic, 1 1/2 tbsp cornflour, 3 tbsp sugar, 5 tbsp soy sauce and 1 1/2 cup water.

3. CRISP THE BEEF

Heat a frypan or wok over high heat and cover base with **oil**. Coat **beef** with **2 tsp soy sauce** and dust with **2-3 tbsp cornflour**. Add **beef** (in batches) to pan and cook for 2 minutes (turning once) until crispy. Remove to a paper towel-lined plate and wipe out pan.

6P - coat beef with 3 tsp soy sauce and 3-4 tbsp cornflour.

TIP *Pat the beef strips dry with paper towel before cooking. This prevents the beef from stewing and ensures it crisps properly.*

4. COOK THE STIR FRY

Add **prepared vegetables** to pan and cook for 1-2 minutes, until tender. Pour in **sauce** and simmer for 1 minute, until thickened. Return **beef** to pan and toss to coat. Season with **pepper**.

5. FINISH AND SERVE

Serve **beef stir-fry** with **rice** (see notes).

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