




### Product Spotlight: Asian Greens


Asian greens are a good source of vitamin C, A and potassium. They also provide absorbable iron and calcium.



## 4 Pepper Beef Stir Fry

Stir fried vegetables and beef strips in a pepper sauce served over coconut rice.

 30 mins

 4 servings

 Beef

9 July 2021

*Spice it down!*

*If you are concerned about the level of spiciness in your pepper sauce, only add half the amount of pepper in the recipe. You can always add more pepper after it's cooked if you like.*

Per serve: **PROTEIN** 41g **TOTAL FAT** 29g **CARBOHYDRATES** 36g



## FROM YOUR BOX

BROWN RICE	300g
COCONUT MILK	165ml
GINGER	1 piece
BEEF STRIPS	600g
CARROTS	2
RED CAPSICUM	1
CELERY STICKS	2
ASIAN GREENS	1 bunch

*\*Ingredient also used in another recipe*

## PANTRY

oil for cooking, salt and pepper, oyster sauce (or hoisin), cornflour, soy sauce (or tamari)

## KEY UTENSILS

large frypan, saucepan

## NOTES

This measurement is based on using freshly cracked black pepper. If you are using finely ground pepper reduce the quantity by half.

Use sesame oil for extra flavour if you have some on hand.

**No beef option – beef strips are replaced with diced chicken breast.** Increase cooking time to 4–5 minutes on each side or until cooked through.



### 1. MAKE COCONUT RICE

Place rice in a saucepan and cover with water. Bring to a boil and simmer for 15–20 minutes, or until tender. Drain and rinse. Stir coconut milk through rice, season with **salt**. Reheat rice if necessary when ready to serve.



### 2. MAKE THE SAUCE

Peel and grate ginger (to yield roughly 2 tsp), add to a bowl with **2 tsp cracked pepper** (see notes), **2 tsp cornflour**, **2 tsp soy sauce**, **3 tbsp oyster sauce** and **3 tbsp water**. Whisk to combine.



### 3. COOK THE BEEF

Coat the beef strips in **oil** (see notes). Heat a large frypan over high heat and cook beef strips for 1–2 minutes until browned. Set aside.



### 4. COOK VEGETABLES

Reheat frypan over medium–high heat with **oil**. Slice carrots, capsicum and celery, add to pan as you go. Cook, stirring, for 4–5 minutes. Quarter Asian greens, stir through and cook, covered, for a further 2 minutes.



### 5. ADD THE SAUCE

Add beef back into the pan with the sauce. Cook, stirring, for 2–3 minutes until sauce becomes thick enough to coat the beef and vegetables well.



### 6. FINISH AND PLATE

Evenly divide the coconut rice among shallow bowls. Top with stir fried beef and vegetables.

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