



Product Spotlight: Ginger

Ginger has a number of health benefits under its belt! It is considered both anti-inflammatory and immune boosting. Slice any leftover ginger and add to hot water for a nice herbal tea.



4 Five Spice Beef Stir Fry

A flavourful beef stir fry with hints of cinnamon, star anise and clove from the Chinese five spice, finished with a crunchy roasted peanut topping.

 30 minutes

 4 servings

 Beef

19 October 2020

Spice it up!

*Garnish the dish with some fried shallots or toasted sesame seeds!
Add some crushed garlic to the beef if you have some.*

Per serve: **PROTEIN** 16g **TOTAL FAT** 8g **CARBOHYDRATES** 37g

FROM YOUR BOX

BROWN BASMATI RICE	300g
SPRING ONIONS	1/2 bunch *
ASIAN GREENS	1 bunch
RED CAPSICUM	1
GINGER	1 piece
BEEF MINCE	600g
CONTINENTAL CUCUMBER	1/2 *
PEANUTS	1 packet (40g)

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil cooking, salt and pepper, Chinese five spice, oyster sauce (or hoisin sauce)

KEY UTENSILS

large frypan, saucepan

NOTES

You can use sesame or coconut oil for extra fragrance when cooking.

If you don't have oyster sauce or hoisin sauce you could use 2 tbsp soy sauce or fish sauce instead.

No beef option - beef mince is replaced with chicken mince.



1. COOK THE RICE

Place rice in a saucepan, cover with 1.5 x amount of water. Cover with a lid, cook on lowest heat for 10-15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



2. PREPARE THE VEGGIES

Slice the spring onions (reserve tops for garnish). Slice asian greens and capsicum. Peel and grate ginger to yield 1 tbsp. Set aside.



3. COOK THE BEEF

Heat a frypan over medium high heat with oil (see notes). Add beef mince, **2 tsp Chinese five spice** and **3 tbsp oyster sauce**. Cook for 6-8 minutes until browned.



4. ADD THE VEGGIES

Add prepared veggies to pan and cook for 3-4 minutes. Season with **salt and pepper**. Take off heat.



5. PREPARE THE GARNISH

Slice or dice cucumber. Roughly chop peanuts.



6. FINISH AND PLATE

Divide rice and beef stir fry among bowls. Serve with cucumber and peanuts on the side. Garnish with spring onion tops.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to hello@dinnertwist.com.au

