



# MONGOLIAN BEEF & SNOW PEA STIR-FRY

with Jasmine Rice



Whip up a takeaway classic at home



Garlic



Ginger



Beef Strips



Red Capsicum



Jasmine Rice



Carrot



Snow Peas



Spring Onion



Long Red Chilli (Optional)



Hands-on: **25 mins**

Ready in: **35 mins**



Spicy (optional long red chilli)

It's been a Chinese restaurant staple for years and now it's time to master it in your own kitchen. For the perfect result, make sure your pan is searing hot before adding the beef strips. Don't be afraid to only cook the veg for a few minutes either – you want them to keep a little bite.

**Pantry Staples:** Olive Oil, Soy Sauce, Brown Sugar, Oyster Sauce

## BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **medium saucepan** • **large frying pan**



### 1 MARINATE THE BEEF

While the rice is cooking, finely grate the **garlic** (or use a garlic press). Finely grate the **ginger**. In a medium bowl, combine the ginger, **soy sauce**, **brown sugar**, **oyster sauce**, **water (for the sauce)** and **1/2** the garlic. Whisk together with a fork. Add the **beef strips** and toss to coat. Set aside to marinate.

💡 **TIP:** If you have the time, allow the beef to marinate for at least **15 minutes** to enhance the flavour and increase tenderness.



### 2 COOK THE RICE

In a medium saucepan, bring the **water (for the rice)** to the boil. Add the **jasmine rice**, stir, cover with a lid and reduce the heat to low. Cook for **12 minutes**, then remove the pan from the heat and keep covered for another **10-15 minutes**, or until the rice is tender and all the water is absorbed. 💡 **TIP:** The rice will finish cooking in its own steam so don't peek!



### 3 GET PREPPED

While the beef is marinating, thinly slice the **red capsicum** into 0.5cm thick strips. Slice the **carrot** (unpeeled) into 0.5cm thick half moons. Trim the **snow peas**. Thinly slice the **spring onion**. Thinly slice the **long red chilli** (if using). 💡 **TIP:** Cut the veggies to the correct size so they cook in the allocated time.



### 4 COOK THE BEEF

Heat a **drizzle** of **olive oil** in a large frying pan over a high heat. Once hot, add **1/3** of the **beef strips** to the pan (allow the excess marinade to drip back into the bowl) and cook for **1-2 minutes**, tossing regularly, until browned. Transfer to a second medium bowl and repeat with the remaining beef strips.

💡 **TIP:** Cooking the beef strips in batches on a high heat prevents the meat from stewing and ensures a tender result.



### 5 COOK THE VEGGIES

Return the pan to a medium-high heat and add a **drizzle** of **olive oil** (if needed). Add the **remaining garlic** and cook for **1-2 minutes**, or until golden. Add the **red capsicum** and **carrot** and cook for **2-3 minutes**, or starting to soften. Add the **snow peas** and **1/2** the **spring onion** and cook for **2-3 minutes**, tossing regularly, until tender. Return the **beef strips** and **excess marinade** to the pan and toss until combined and warmed through. 💡 **TIP:** Cook all the spring onion if you don't like it raw as a garnish.



### 6 SERVE UP

Divide the jasmine rice and Mongolian beef between bowls. Sprinkle over any remaining spring onion. Garnish the adult's portion with the long red chilli (if using).

💡 **TIP:** For kids, follow our serving suggestion in the main photo!

## ENJOY!

## 4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
garlic	2 cloves
ginger	1 knob
soy sauce*	1/3 cup
brown sugar*	2 tbs
oyster sauce*	2 tbs
water* (for the sauce)	4 tsp
beef strips	1 packet
water* (for the rice)	2 1/2 cups
jasmine rice	2 packets
red capsicum	1
carrot	1
snow peas	1 bag (100 g)
spring onion	1 bunch
long red chilli (optional)	1

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3040kJ (726Cal)	765kJ (182Cal)
Protein (g)	46.6g	11.7g
Fat, total (g)	10.4g	2.6g
- saturated (g)	3.8g	1.0g
Carbohydrate (g)	101.4g	25.5g
- sugars (g)	29.3g	7.4g
Sodium (g)	843mg	212mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589

[Hello@HelloFresh.co.nz](mailto:Hello@HelloFresh.co.nz)

2018 | WK39

HelloFRESH