



# MARLEY SPOON



## Sesame Beef

and Vegetable Stir-fry

 20-30min  2 Portions

Speedy and sensational, this substantial beef and vegetable stir-fry is on the table in just 30 minutes. Be sure to have all your ingredients cut and ready to go before you start cooking the stir-fry.



## What we send

- sesame oil <sup>11</sup>
- red capsicum
- broccoli
- 1 long red chilli, ginger, coriander, 2 garlic cloves, 1 spring onion
- brown rice
- carrot
- grass-fed beef stir-fry strips

## What you'll require

- Australian honey
- salt
- soy sauce <sup>6</sup>
- vegetable oil

## Utensils

- medium saucepan
- sieve
- wok or deep frying pan
- Our veggies come straight from the farm, so please wash them before cooking.

## Allergens

Soy (6), Sesame (11). May contain traces of other allergens.

## Nutrition per serving

Energy 600.0kcal, Fat 20.8g, Proteins 45.4g, Carbs 53.0g



### 1. Prepare beef

Place **beef strips** in a bowl. Combine 60ml (¼ cup) **soy sauce**, 1 tsp **honey** and the **sesame oil** in another bowl. Add half of the **sauce mixture** to the **beef** and toss to coat. Reserve remaining sauce mixture for step 6.



### 4. Cook beef

Heat a wok or deep saucepan over high heat. Stir-fry the **beef strips** for 1-2 mins until browned. Remove from pan.



### 2. Cook rice

Rinse the **rice** in a sieve under running water then place in a medium saucepan with plenty of cold water. Season with **sea salt** then bring to the boil. Reduce heat and simmer over medium heat for 25 mins or until the rice is tender. Drain, set aside and keep warm. Only serve ⅔ of the rice for a 600 calorie dish per person.



### 5. Cook vegetables

Wipe wok clean then heat 2 tsp **oil** over high heat. Stir-fry **garlic** and **ginger** for 30 secs or until starting to brown. Add **carrot**, **capsicum** and **broccoli** with 60ml (¼ cup) cold water and stir-fry for 2 mins. Add the **spring onion** and 1 tbs water and stir-fry for 1 min.



### 3. Prepare vegetables

Peel and finely shred the **ginger**. Slice the **garlic**. Thinly slice the **carrot**. Trim the **broccoli** into small florets. Cut the **spring onion** into 3cm lengths. Discard the **capsicum** seeds and membrane and thinly slice. Thinly slice the **chilli** (deseed for less heat if you prefer). Coarsely chop the **coriander** (including stems).



### 6. Get ready to serve

Return the **beef** to the pan with the remaining **sauce mixture** and heat through for 1 min. Stir the **coriander** through and serve with the **rice** and a sprinkle of **chilli**.