

MARLEY SPOON



FAST

Black Pepper Beef Stir-Fry

with Capsicum and Jasmine Rice



20-30min



4 Portions

For quick and easy Chinese flavours, look no further than this classic stir-fry. Give beef a quick toss in a wok, add some carrot, capsicum and onion, then stir through soy, oyster sauce and a mixture of white and black pepper for instant aroma and spice.

What we send

- carrot
- red onion
- capsicum
- sesame oil ¹¹
- jasmine rice
- beef stir-fry
- 2g ground white pepper
- 2 x 60ml oyster sauce ^{1,2,4}
- coriander
- 2 garlic cloves

What you'll require

- black peppercorns
- soy sauce ⁶
- vegetable oil
- water

Utensils

- medium saucepan with lid
- sieve
- wok or deep frypan

Our veggies come fresh from the farm, so please wash them before use.

Cooking tip

Get your pan hot prior to adding the beef and don't overload the pan, so you get a good sear. For tender beef, stick to the indicated short cooking times as the beef stir-fry cooks quickly.

Allergens

Gluten (1), Shellfish (2), Fish (4), Soy (6), Sesame (11). May contain traces of other allergens.

Nutrition per serving

Energy 765kcal, Fat 27.4g, Carbs 75.9g, Protein 49.7g



1. Cook rice

Rinse the **rice** until the water runs clear. Put in a medium saucepan with **450ml water**, cover and bring to a simmer over medium heat. Reduce heat to low and cook for 12 mins or until tender and water has absorbed. Turn off the heat and stand, covered, for at least 5 mins.



2. Prepare ingredients

Cut the **capsicums** into 2cm chunks, discarding the seeds and membrane. Peel and quarter the **carrots** lengthwise, then thinly slice. Slice the **onion** into thin wedges. Crush or finely chop the **garlic**. Finely chop the **coriander**, including the stems.



3. Make sauce

Combine the **oyster sauce, sesame oil, white pepper, 2 tbs soy sauce** and **1 tsp black pepper** in a small bowl.



4. Stir-fry beef

Separate the **beef stir-fry** strips. Heat **2 tbs vegetable oil** in a large deep frypan over high heat (see cooking tip). Stir-fry the beef, in two batches for 2-3 mins until browned. Remove from the pan.



5. Stir-fry vegetables

Add **2 tbs vegetable oil** to the pan. Stir-fry the **carrot, capsicum** and **onion** for 2-3 mins until the vegetables are almost tender. Add the **garlic** and stir-fry for 1 min or until fragrant.



6. Get ready to serve

Return the **beef** and **any resting juice** to the pan with the **sauce** and **coriander**, and cook for a further 1 min or until the sauce has reduced slightly, the meat is coated and the vegetables are tender. Divide the **rice** and **stir-fry** among bowls to serve.