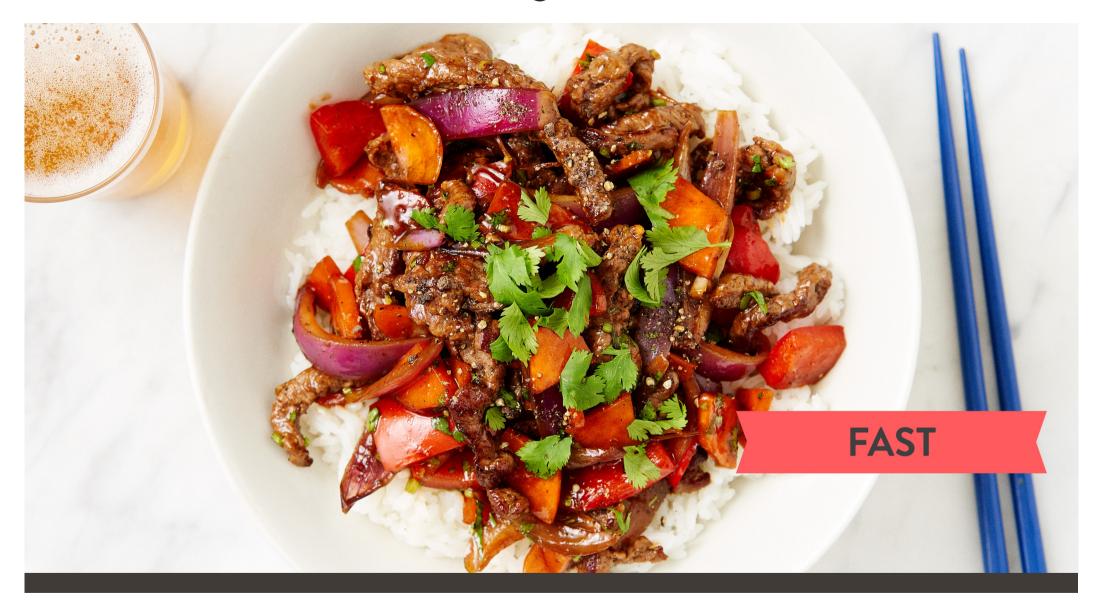
# MARLEY SPOON



# **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 <sup>6</sup>
- · 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.