

# MARLEY SPOON



## Asian Beef and Kale

with Sesame Steamed Rice



20-30min



2 Portions

Kale doesn't have to be relegated to superfood bowls with a sidekick of quinoa. Try it stir-fried with crisp beef strips, oyster sauce and soy, where its robust texture shines. Teamed with jasmine rice, the dish becomes even more fragrant with a splash of sesame oil. Now that's super bowl food.



## What we send

- 11
- 17
- 1,2,4,11
- 11
- 1 garlic clove
- 2 spring onions

## What you'll require

- Australian honey
- soy sauce <sup>6</sup>
- water

## Utensils

- small saucepan with lid

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

## Cooking tip

The beef stir-fry is best with hot and fast cooking, so get your pan very hot before adding the beef and stick to the short cooking time indicated.

## Allergens

Gluten (1), Shellfish (2), Fish (4), Soy (6), Sesame (11), Sulphites (17). May contain traces of other allergens.

## Nutrition per serving

Energy 710kcal, Fat 21.6g, Carbs 75.1g, Protein 49.7g



### 1. Cook rice

Rinse the **rice** until the water runs clear. Put in a small saucepan with **250ml (1 cup) water**, cover and bring to a simmer over medium heat. Reduce heat to low and cook for 12 mins or until tender and the water is absorbed. Turn off the heat and stand, covered, for at least 5 mins. Stir in **1 tsp sesame oil** (the remaining sesame oil won't be used in this dish).



### 2. Prepare ingredients

Meanwhile, trim the **spring onions** and cut into 3cm lengths. Thinly slice the **garlic**. Discard the tough stems from the **kale** and thinly slice the leaves. Separate the **beef** and put in a bowl. Add the **cornflour** and stir to coat.



### 3. Make sauce

Combine **1 tbs oyster sauce**, **1 tbs soy sauce**, **2 tsp honey** and **3 tsp rice wine vinegar** in a small bowl (the remaining oyster sauce and vinegar won't be used in this dish).



### 4. Cook beef

Heat **2 tsp oil** in a large deep frypan over high heat (see cooking tip). Stir-fry the **beef** for 2-3 mins until crisp. Remove from the pan.



### 5. Cook kale

Heat **1 tbs oil** in the pan. Stir-fry the **garlic** and **spring onion** over high heat for 30 secs or until fragrant. Add the **kale** and stir-fry for 2-3 mins until wilted.



### 6. Get ready to serve

Return the **beef** to the pan with the **sauce**. Cook, stirring, for 2 mins or until thickened. Divide the **rice** and **stir-fry** among bowls. Scatter over the **sesame seeds** to serve.