

MARLEY SPOON



Beef and Shiitake Stir-Fry

with Rice and Cashews



20-30min



4 Portions

When the eternal question "what's for dinner?" get's answered by this dish, you'll have them racing to the table in no time. Yes, there's something totally irresistible about a stirfry served over fluffy jasmine rice, particularly when ginger, beef, oyster sauce and roasted cashews are involved.

What we send

- 15
- 17
- 1,2,4

What you'll require

- boiling water
- soy sauce ⁶
- sugar
- water

Utensils

- fine grater
- medium saucepan with lid
- deep frypan or wok

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), Tree Nuts (15), Sulphites (17). May contain traces of other allergens.

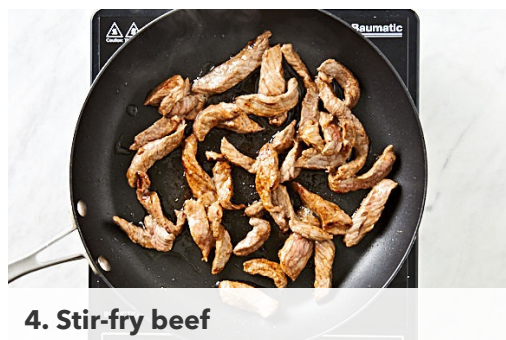
Nutrition per serving

Energy 810kcal, Fat 25.7g, Carbs 74.7g, Protein 52.8g



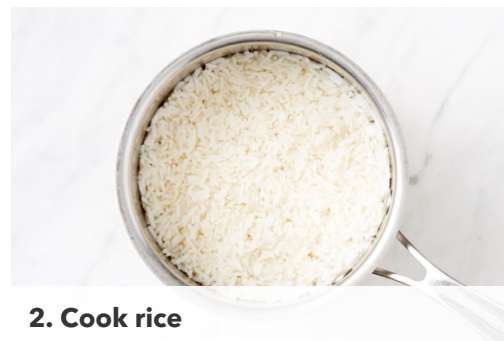
1. Simmer mushrooms

Read through the recipe. Thinly slice **half the ginger**. Put the ginger, **shiitake mushrooms**, **1 tbs soy sauce**, **1 tsp sugar** and **625ml (2½ cups) boiling water** in a small saucepan and bring to the boil. Reduce heat to medium-low, cover and cook for 15 mins until the mushrooms are tender. Drain, reserving the liquid. Slice the mushroom caps, discarding the stems.



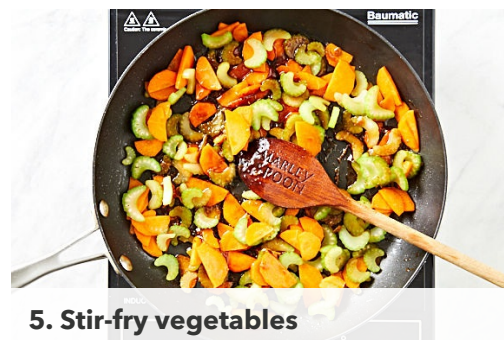
4. Stir-fry beef

Heat **1½ tbs oil** in a large deep frypan over high heat (see cooking tip). Separate the **beef stir-fry** and stir-fry, in two batches, for 2-3 mins until browned. Remove from the pan.



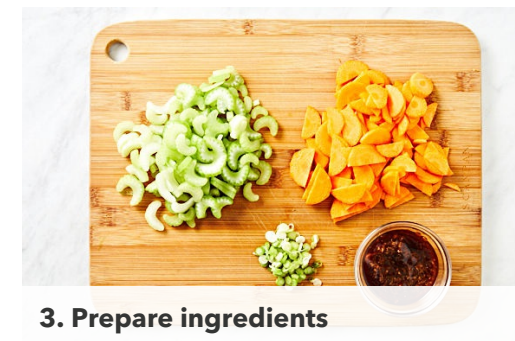
2. Cook rice

Meanwhile, 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 the heat to low and cook for 12 mins or until tender and the water has absorbed. Turn off the heat and stand, covered, for at least 5 mins.



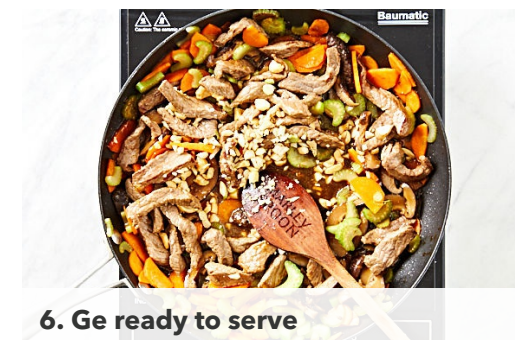
5. Stir-fry vegetables

Heat **1 tbs oil** in the pan over high heat. Stir-fry the **carrot** and **celery** for 2 mins. Add the **ginger and oyster sauce mixture**, **mushrooms** and **reserved mushroom water** and bring to a simmer. Cook for 1 min or until slightly reduced.



3. Prepare ingredients

While the rice is cooking, peel and finely grate the **remaining ginger**. Thinly slice the **celery**. Trim and thinly slice the **spring onions**. Peel the **carrots**, halve lengthwise and thinly slice. Combine the **grated ginger**, **oyster sauce** and **1 tbs soy sauce** in a bowl.



6. Ge ready to serve

Return the **beef** to the pan and cook, stirring, for 1 min or until heated through. Remove from heat and stir in the **cashews** and **half the spring onion**. Divide the **rice** and **beef stir-fry** among bowls. Scatter over the **remaining spring onion** to serve.