



GARLIC-GINGER GLAZED BEEF

with Green Beans and Rice

PRONTO



HELLO CRISPY SHALLOTS

This sweet but crunchy topping is the perfect added texture to any delicious stir-fry!

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 630



Beef Strips



Garlic



Ginger



Green Beans



Oyster-Soy
Sauce



Honey



Jasmine Rice



Shallot



Cornstarch



Crispy Shallots

BUST OUT

- Large Non-Stick Pan
- Garlic Press
- Measuring Cups
- Paper Towel
- Measuring Spoons
- Whisk
- Medium Bowl
- Salt and Pepper
- Medium Pot
- Olive or Canola Oil
- Grater

INGREDIENTS

2-person | 4-person

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|--------------------------------|--------|--|---------|
| • Beef Strips | 285 g | | 570 g |
| • Garlic | 6 g | | 12 g |
| • Ginger | 30 g | | 60 g |
| • Green Beans | 170 g | | 340 g |
| • Oyster-Soy Sauce
1,4,9,11 | 3 tbsp | | 6 tbsp |
| • Honey | ½ tbsp | | 1 tbsp |
| • Jasmine Rice | ¾ cup | | 1 ½ cup |
| • Shallot | 50 g | | 100 g |
| • Cornstarch | 2 tsp | | 4 tsp |
| • Crispy Shallots 4 | 28 g | | 56 g |

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

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|------------------------|---------------------------|
| 0 Seafood/Fruit de Mer | 6 Mustard/Moutarde |
| 1 Wheat/Blé | 7 Peanut/Cacahuète |
| 2 Milk/Lait | 8 Sesame/Sésame |
| 3 Egg/Oeuf | 9 Sulphites/Sulfites |
| 4 Soy/Soja | 10 Crustacean/Crustacé |
| 5 Tree Nut/Noix | 11 Shellfish/Fruit de Mer |

*Laver et sécher tous les aliments.

**Cuire jusqu'à une température interne minimale de 71°C/160°F.



START STRONG



When peeling the ginger, use a spoon to scrape the skin off easily! This technique is great for getting around the knobby bits of the ginger.



1 PREP Wash and dry all produce.* In a medium pot, add **1 ½ cups water** (use **2 ½ cups** for 4 ppl). Cover and bring to a boil over high heat. Peel, then mince or grate the **garlic**. Peel, then finely grate **1 tbsp ginger** (dbl for 4 ppl). Cut the stems off the **green beans**, if needed. Cut the **trimmed beans** into 2-inch pieces. Peel then thinly slice the **shallot(s)** into ¼-inch slices.



4 COOK BEEF Meanwhile, heat a large non-stick pan over medium-high heat. When the pan is hot, add **½ tbsp oil**, then **half the beef**. Cook until browned and cooked through, 1-2 min per side. (**TIP:** Cook to a min. internal temp. of 71°C/160°F.**) Transfer to a plate and repeat with another **½ tbsp oil** and **remaining beef**. (**TIP:** Don't overcrowd the pan; cook the beef in four batches for 4 ppl, using **½ tbsp oil** for each batch!)



2 MAKE SAUCE Pat the **beef** dry with paper towels, then season with **salt** and **pepper**. In a medium bowl, add the **garlic** and **ginger**. Whisk in the **cornstarch**. Once combined, whisk in the **oyster-soy sauce**, **½ tbsp honey** (dbl for 4 ppl) and **¼ cup water** (dbl for 4 ppl). Set aside.



5 COOK VEGGIES Reduce the heat to medium, then add **½ tbsp oil** (dbl for 4 ppl) to the same pan. Add the **shallots** and **green beans**. Cook, stirring occasionally, until the **green beans** are tender-crisp, 3-4 min. Add the **sauce** from the medium bowl. Cook, stirring together, until the **sauce** slightly thickens, 2 min. Add the **beef** and stir to coat, 1 min.



3 COOK RICE Add the **rice** to the medium pot with the **boiling water**. Reduce the heat to medium-low. Cook, still covered, until the **rice** is tender and the **liquid** has been absorbed, 12-14 min.



6 FINISH AND SERVE Fluff the **rice** with a fork, then season with **salt**. Divide the **rice** between bowls and top with the **beef** and **veggies**. Drizzle over any **remaining sauce** from the pan and sprinkle with the **crispy shallots**.

EASY DOES IT!

Stir-fries deliver the biggest flavour-to-effort ratio.