



Ginger Beef Stir-fry

with Green Beans and Peppers

Carb Smart

25 Minutes



Ground Beef



Green Beans



Sweet Bell Pepper



Mushrooms



Green Onions



Ginger



Hoisin Sauce



Soy Sauce

HELLO GINGER

Peel ginger using a spoon's edge — you'll be able to maneuver around the knobby bits more easily!

Start here

Before starting, wash and dry all produce.

Bust Out

Measuring spoons, measuring cups, large non-stick pan, grater

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Green Beans	170 g	340 g
Sweet Bell Pepper	160 g	320 g
Mushrooms	227 g	454 g
Green Onions	2	4
Ginger	15 g	30 g
Hoisin Sauce	2 tbsp	4 tbsp
Soy Sauce	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F.

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Carb Smart (50g or less) is based on a per serving calculation of the recipe's carbohydrate amount.

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1 Prep

Trim, then halve **green beans**. Core, then cut **pepper** into ½-inch pieces. Thinly slice **mushrooms**. Thinly slice **green onions**. Peel, then mince or grate **1 tbsp ginger** (dbl for 4 ppl).



2 Cook veggies

Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **green beans, peppers** and **mushrooms**. Cook, stirring occasionally, until **veggies** are tender, 5-6 min. Add **half the ginger**. Cook, stirring often, until fragrant, 1 min. Season with **salt** and **pepper**. Remove pan from heat, then transfer **veggies** to a plate. Cover to keep warm.



3 Start beef

Heat the same pan over medium. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **beef**. Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min.** Carefully drain and discard excess fat. Add **remaining ginger** and cook, stirring often, until fragrant, 1 min.



4 Finish beef

Add **soy sauce, 2 tbsp hoisin** and **¼ cup water** (dbl both for 4 ppl) to the pan with **beef**. Cook, stirring often, until coated, 1-2 min. Remove pan from heat.



5 Finish and serve

Divide **veggies** between plates. Top with **beef** and any **sauce** from the pan. Sprinkle **green onions** over top.

Dinner Solved!