



SAUCY BEEF STIR-FRY

with Ginger-Green Rice

FAMILY



HELLO CASHEWS

Toasted cashews add a big crunch to this saucy stir-fry

TIME: 35 MIN



Beef Strips



Basmati Rice



Snow Peas



Stir-Fry Sauce



Green Onions



Garlic



Ginger



Cashews,
chopped



Cornstarch



Sweet Bell Pepper

BUST OUT

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

INGREDIENTS

4-person

- Beef Strips 570 g
- Basmati Rice 1 ½ cup
- Snow Peas 227 g
- Stir-Fry Sauce 1,4,8,9 ¼ cup
- Green Onions 2
- Garlic 12 g
- Ginger 60 g
- Cashews, chopped 5,7 28 g
- Cornstarch 9 1 tbsp
- Sweet Bell Pepper 160 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 soya, les sulfites, les noix et le blé.

- | | |
|-----------------|---------------------------|
| 0 Fish/Poisson | 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



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



1 PREP Wash and dry all produce.* Core, then thinly slice **peppers**. Thinly slice **green onions**. Peel, then finely grate **2 tbsp ginger**. Trim **snow peas**. Peel, then mince or grate **garlic**. Pat **beef** dry with paper towels, then cut into 1-inch pieces.



4 COOK VEGGIES Using the same pan, increase the heat to medium-high. Add another **1 tbsp oil**, then **snow peas** and **peppers**. Cook, stirring occasionally, until tender-crisp, 2-3 min. Add **garlic** and **remaining ginger**. Cook, stirring often, until fragrant, 1 min. While **veggies** cook, in a small bowl, whisk together **cornstarch**, **stir-fry sauce** and **1 cup water**. Set aside. Transfer **veggies** to a plate and set aside.



2 COOK RICE Heat a medium pot over medium-high heat. When hot, add **1 tbsp oil**, then **half the ginger**, **half the green onions** and **rice**. Cook stirring often, until fragrant, 1 min. Add **2 ½ cups water**. Bring to a boil over high heat. Once boiling, reduce heat to low. Cover and cook, until **rice** is tender and **liquid** is absorbed, 12-14 min.



5 COOK BEEF & ASSEMBLE Using the same pan, add **1 tbsp oil**, then **half the beef**. Cook, stirring occasionally, until browned, 3-4 min. (**TIP:** Cook to a min. internal temp. of 71°C/160°F.***) Transfer to a plate. Repeat with another **1 tbsp oil** and **remaining beef**. To the pan, add first batch of **beef**, **veggies** and **cornstarch mixture**. Cook, stirring often, until **sauce** comes together and warmed through, 2-3 min.



3 TOAST CASHEWS While **rice** cooks, heat a large non-stick pan over medium heat. When hot, add **cashews** to the dry pan. Toast, stirring often, until golden-brown, 3-4 min. (**TIP:** Keep your eye on them so they don't burn!) Transfer to a plate and set aside.



6 FINISH AND SERVE Fluff **rice** with a fork, then stir in **remaining sauce**. Season with **salt**. Divide **rice** between plates and top with **beef stir-fry**. Sprinkle over **cashews** and **remaining green onions**.

EASY!

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