



OCT
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Saucy Mongolian Beef

with Garlicky Vegetables

Mongolian beef: it's been a Chinese restaurant staple for years, and it's time to master it in your own kitchen. For the perfect result, make sure your pan is searing hot before adding the beef strips.



Beef Strips



Garlic



Ginger



Mongolian Sauce



Jasmine Rice



Green Onions



Red Bell Pepper



Broccoli

Ingredients

Beef Strips		2 pkg (570 g)
Red Bell Pepper		2
Broccoli Rosettes		1 pkg (340 g)
Garlic		1 pkg (10 g)
Ginger		30 g
Mongolian Sauce	1) 2) 3)	1 pkg (¼ cup)
Green Onions		2
Jasmine Rice		1 pkg (1½ cups)
Sugar*		2 tsp
Olive or Canola Oil*		

4 People

*Not Included

Allergens

- 1) Wheat/Blé
- 2) Soy/Soja
- 3) Shellfish/Fruits de mer

Tools

Medium Pot, Strainer, Large Non-Stick Pan, Medium Bowl, Measuring Cup, Measuring Spoons

Nutrition per person Calories: 513 cal | Fat: 7 g | Protein: 42 g | Carbs: 71 g | Fibre: 5 g | Sodium: 651 mg

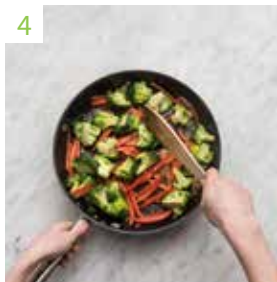
Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Ruler

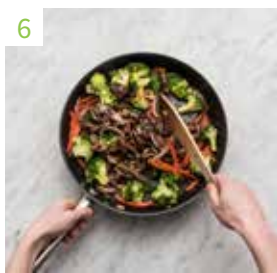
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1 Prep: Wash and dry all produce. Bring **2½ cups salted water** to a boil in a medium pot. Mince or grate the **garlic**. Peel, then mince or grate **1 tbsp ginger**. Thinly slice the **green onions**. Core, then thinly slice the **red bell pepper**.



2 Cook the rice: Rinse and drain the **rice** under cold running water, then add it to the boiling water. Reduce the heat to medium-low. Simmer, covered, until the rice is tender and the water has been absorbed, 10-12 min.



3 Cook the beef: Meanwhile, season the **beef strips** with **salt** and **pepper** in a medium bowl. Heat a large non-stick pan over high heat. Add a drizzle of **oil**, then add **half the beef strips**. Cook until browned, 1-2 min per side. Transfer to a plate. Repeat with **remaining beef strips** and transfer it to the same plate.

4 Cook the veggies: Reduce the heat to medium. Add another drizzle of **oil** to the pan, then the **red pepper, broccoli, green onions, garlic** and **ginger**. Cook, stirring often, until veggies are tender-crisp, 3-4 min.

5 Add the **Mongolian sauce, sugar** and **2 tbsp water**. Stir until everything is heated through, and sauce is simmering, 1-2 min.

6 Finish and serve: Stir the **beef** into the veggies. Divide the **rice** and **Mongolian beef** between plates. Enjoy!

AT HOME TIP: Our **Mongolian sauce** is equal parts oyster sauce and soy sauce. Try recreating this recipe at home with your own blend!

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