

DINNERLY



Kid Approved: Mongolian Beef with Broccoli and Steamed Rice



25 minutes



2 Servings

Keep the kids happy – and the adults too! Simply choose our 'kid-approved' recipes filled with crowd-pleasing flavours and ingredients, then watch the whole family tuck in. You can thank us later!

WHAT WE SEND

- 150g jasmine rice
- 1 head broccoli
- 2 spring onions
- 2 garlic cloves
- 40g kecap manis ^{1,2,3,4}
- beef stir-fry
- 2 x 10g cornflour ³

WHAT YOU NEED

- 1 tbs soy sauce ²
- 1 tsp white vinegar
- 3 tsp sugar
- 2 tbs vegetable oil

TOOLS

- small saucepan with lid
- medium deep frypan

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Soy (2), Sulphites (3), Wheat (4).
May contain traces of other allergens.

NUTRITION PER SERVING

Energy 780kcal, Fat 21.1g, Carbs 97.1g,
Protein 44.5g



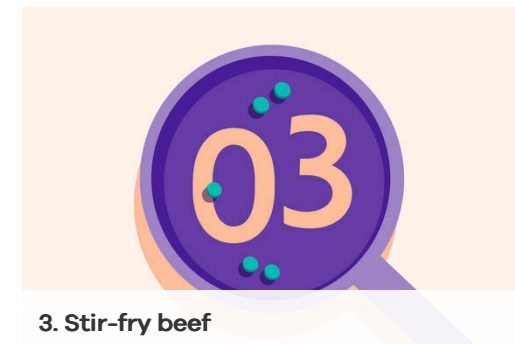
1. Cook rice

Rinse the **rice** until the water runs clear. Put in a small saucepan with **250ml (1 cup) 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 is absorbed. Turn off the heat and stand, covered, for at least 5 mins. Fluff the rice with a fork.



2. Prep ingredients

Meanwhile, thinly slice the **broccoli** stem and cut the head into small florets. Cut the white part of the **spring onions** into 3cm lengths and thinly slice the green part. Crush or finely chop the **garlic**. Combine the garlic, **kecap manis**, **1 tbs soy sauce**, **1 tsp white vinegar** and **3 tsp sugar** in a bowl.



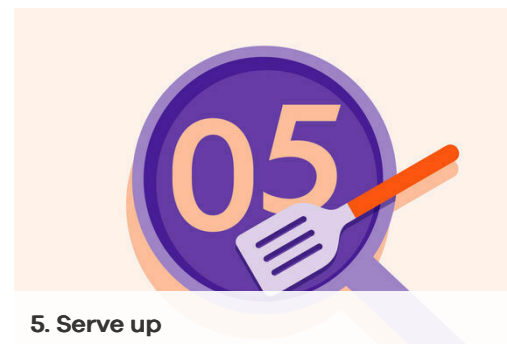
3. Stir-fry beef

Separate the **beef stir-fry** into a large bowl. Scatter over the **cornflour**, season with **salt and pepper** and toss to coat. Heat **1½ tbs vegetable oil** in a medium deep frypan over high heat until very hot (see Kitchen 101). Stir-fry the beef for 1-2 mins until browned. Remove from the pan, wipe the pan clean and reserve.



4. Stir-fry broccoli

Heat **2 tsp vegetable oil** in the reserved pan over high heat. Stir-fry the **broccoli** for 5 mins or until almost tender. Add the **white part of the spring onion** and **1 tbs water** and stir-fry for a further 2-3 mins until tender but still with crunch.



5. Serve up

Add the **beef and kecap manis mixture** to the veggies and stir-fry for 30 secs or until warmed through. Remove the pan from the heat. Taste, then season with **salt and pepper**. Divide the **rice** and **beef stir-fry** among bowls and scatter over the **remaining spring onion**. Enjoy!



6. Kitchen 101

Ensuring the pan is really hot before adding the beef prevents it from stewing and gives it a nice browned finish.