

DINNERLY



Glazed Chinese Barbecue Beef Stir-Fry with Pak Choy and Steamed Rice



25 minutes



2 Servings

Looking for dinner on the table quick smart? This fast recipe is ready in 25 minutes or less and comes with yumness guaranteed.

WHAT WE SEND

- 150g jasmine rice
- 1 bunch pak choy
- 40g kecap manis ^{1,3,4,5}
- 5g Chinese barbecue seasoning ^{1,3,4,5}
- beef stir-fry
- 5g toasted sesame seeds ²

WHAT YOU NEED

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

TOOLS

- small saucepan with lid
- large frypan

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

ALLERGENS

Gluten (1), Sesame (2), Soy (3), Sulphites (4), Wheat (5). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 655kcal, Fat 14.5g, Carbs 88.2g, Protein 39.3g



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. Make glaze

Meanwhile, quarter the **pak choy** lengthwise. Put the **kecap manis**, **1 tbs soy sauce**, **2 tsp white vinegar** and **2 tsp honey** in a bowl. Season with **pepper** and stir to combine.



3. Stir-fry beef

Combine the **Chinese barbecue seasoning** and **2 tsp vegetable oil** in a large bowl and season with **salt and pepper**. Separate the **beef stir-fry**, add to the marinade and toss to coat. Heat a large frypan over high heat until very hot (see Kitchen 101). Stir-fry the beef for 1-2 mins until browned. Remove from the pan.



4. Stir-fry pak choy

Return the pan to medium-high heat. Add the **pak choy** and **1 tbs water** and stir-fry for 2 mins or until tender but still with crunch. Remove from the pan. Add the **glaze mixture** to the pan and cook for 30 secs or until sticky. Remove the pan from the heat. Add the **beef** and toss to coat.



5. Serve up

Divide the **rice**, **beef** and **pak choy** among bowls. Drizzle with the pan juices, scatter over the **sesame seeds** and 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.