

COOK FRESH.

# Mongolian Beef Ginger with Red Capsicum & Jasmine Rice

The rich flavors of Mongolian Beef, Ginger and Red Capsicum, served with steamed Jasmine Rice.

⌚ 30 Mins

Kcal 886 | P 45 g | C 107 g | F

32g

Family Friendly

Quick and Easy















# Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

## What you'll need

Vegetable oil, salt, black pepper, measuring Jug, cooking pot, chopping board, knife, serving plate, non-stick cooking pan, and a wooden spoon.

## Ingredients (2 persons)

-  Water for Rice 400ML
-  Jasmine Rice 200GR
-  Garlic 7GR
-  Ginger 8GR
-  Red Bell Pepper 140GR
-  Spring Onion 20GR
-  Beef Tenderloin Strips 320GR
-  Flour 15GR
-  Soy sauce 60ML
-  Brown Sugar 35GR
-  Water 40ML
-  Mixed Sesame Seeds 2GR

## Method



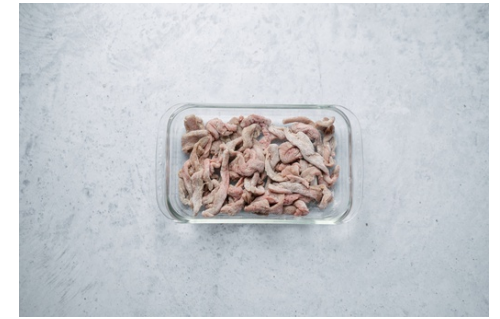
### Cook the Rice

Rinse **jasmine rice** under running water until clear. Bring **salted water** to a boil, add **rice**, cook uncovered for 1-3 minutes, then cover and simmer on low for 12 minutes. Remove from heat but keep covered.



### Prep the Ingredients

Peel and finely chop **garlic** and **ginger**. Halve, deseed, and slice **red capsicum**. Diagonally slice **spring onions** into 2cm lengths.



### Prep the Beef

Season the **beef strips** with **black pepper**. Add the **flour** and mix it with the **beef strips**. Make sure it's well coated.



### Pan-fry the Beef

Heat 1 1/2 tablespoons of **oil** in a non-stick pan over medium heat. Fry **beef strips** for 5-7 minutes until golden, then set aside.



### Final Touches

In the same pan, add a bit more **oil**, and sauté **garlic** and **ginger** for 30 seconds. Add **red capsicum**, stirring for 2-4 minutes. Mix in **soy sauce**, **sugar**, and a bit of **water**; simmer for 3-5 minutes. Return **beef** to the pan, add half the **spring onions**, and toss together for 1-2 minutes.



### Serve and Enjoy!

Serve the **Mongolian beef** over fluffy **jasmine rice**, garnished with mixed **sesame seeds** and the remaining **spring onions**.

Allergens Sesame Soy Wheat