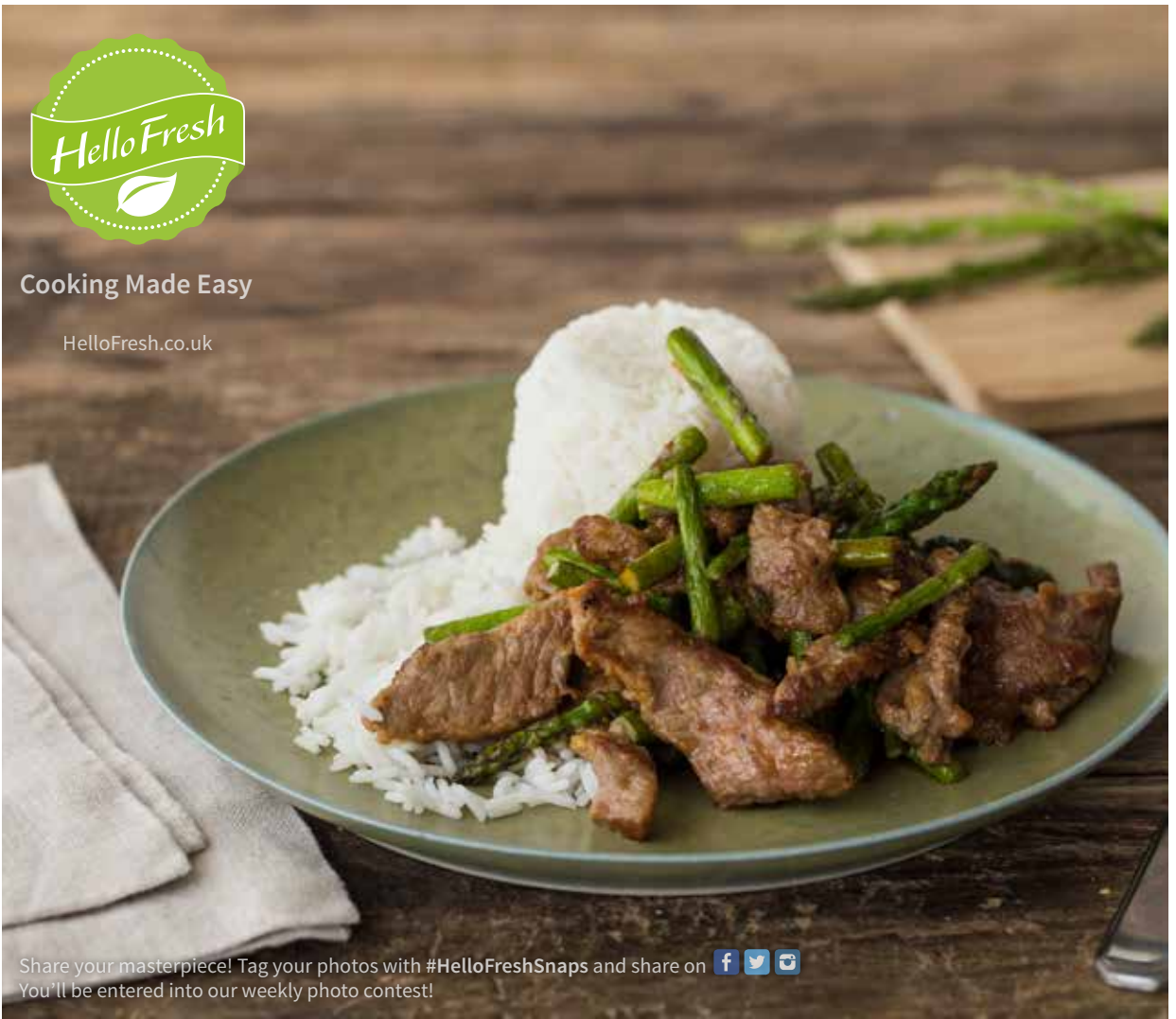




Cooking Made Easy

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## Ginger Beef Stir Fry with Asparagus and Basmati Rice

Today we're talking about tenderisers. If you've ever wondered how those clever chefs down at your local Chinese eatery get their meat to be so juicy and soft, we're going to let you in on a little trade secret: Cornflour. When you coat your meat in this fantastic natural ingredient before cooking, it helps to keep all the juices inside the meat, leaving it succulently soft every time.



25 min



lactose free



Asparagus



Flank Steak



Garlic Clove



Basmati Rice



Ginger



Cornflour



Soy Sauce



Oyster Sauce

## Ingredients

	2P	4P
Asparagus, chopped	A handful	2 handfuls
Flank Steak	300g	600g
Garlic Clove, diced	2	3
Basmati Rice	1 cup	2 cups
Ginger, diced	1 tbsp	2 tbsp
Cornflour	1 tbsp	2 tbsp
Soy Sauce <a href="#">1, 2</a>	½ tbsp	1 tbsp
Oyster Sauce <a href="#">2, 3</a>	1 tbsp	2 tbsp
Lime	½	1

 May feature in another recipe

 Our produce comes fresh from the farm so give it a little wash before using

## Allergens

1) Gluten | 2) Soya

3) Molluscs

**Nutrition per serving:** Calories: 655 kcal | Protein: 43 g | Carbs: 88 g | Fat: 12 g | Saturated Fat: 5 g



1

**1** Boil 350ml of water in a pot. Cut the tough ends from the asparagus and chop the remaining spears into 4cm pieces. Slice the steak into ribbons, as thin as your knife skills allow. Peel and dice the garlic finely.

asparagus for a couple of mins to brown it off, before removing from the pan for later.



4

**2** Add your rice into the 350ml of boiling water and turn the heat to low. Cover the pan with a lid and leave on a low heat for 10 mins. Finally, remove the pan from the heat and leave to rest for 10 mins. Don't peek under the lid until the 20 mins are up!

**6** Add another tsp of oil into the pan on high heat and brown off the beef in two batches (just over a minute per batch). The outside should be brown but the centre should remain pink. **Tip:** *Cooking in batches will allow the meat to brown off ('caramelize') rather than stew.*



5

**3** **Tip:** *Here's a great trick for peeling your ginger: simply scrape the skin from your ginger using the edge of a spoon. Minimal waste and really easy!* Now dice the ginger up finely.

**7** Remove the beef from the pan and cook the ginger and garlic in 1 tsp of olive oil for 30 seconds. Add back in all of the beef, the asparagus, the soy sauce, the oyster sauce, the juice of ½ the lime and 3 tbsp of water. Add 1 tsp of sugar if you have it. Cook for 2 more mins whilst tossing the ingredients. **Tip:** *Add more or less water until you get the consistency and taste of your liking.*



7

**4** Mix your beef strips in a bowl with the tbsp of cornflour and a pinch of salt and pepper. If necessary, complete this step away from prying eyes to protect your new found secret.

**8** Fluff up your rice with a fork to separate the grains and then serve with your freshly cooked stir fry. Juicy!

**5** Heat 1 tsp of olive oil in a non-stick pan on high heat. When the oil is almost smoking, add in the asparagus pieces. Cook the