






More Than Food
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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.

 30 mins

 lactose free

 healthy



Asparagus (1 bunch)



Flank Steak (1)



Garlic Clove (2)



Basmati Rice (1 cup)



Ginger (1 tbsp)



Cornflour (1 tbsp)



Soy Sauce (1½ tbsp)



Oyster Sauce (1 tbsp)




Lime (½)

Ingredients

2 PEOPLE

ALLERGENS

| | | |
|-----------------------|---------|------------------------|
| Asparagus, chopped | 1 bunch | |
| Flank Steak | 1 | |
| Garlic Clove, chopped | 2 | |
| Basmati Rice | 1 cup | |
| Ginger, chopped | 1 tbsp | |
| Cornflour | 1 tbsp | |
| Soy Sauce | 1½ tbsp | Gluten, Soya |
| Oyster Sauce | 1 tbsp | Soya, Gluten, Molluscs |
| Lime | ½ | |

 Our fruit and veggies come straight from the farm so give them a little wash before using

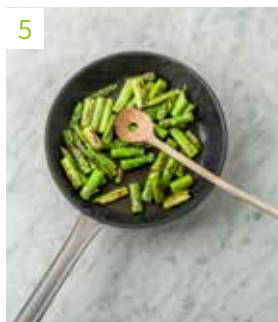
Did you know...

The Hindi word 'basmati' means fragrant and refers to the nut-like flavour and aroma of basmati rice.

Nutrition per serving: Calories: 546 kcal | Protein: 39 g | Carbs: 68 g | Fat: 13 g | Saturated Fat: 5 g



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 chop the **garlic** finely.



5 Heat 1 tsp of **olive oil** in a non-stick frying pan on high heat. When the oil is almost smoking, add in the **asparagus**. Cook the **asparagus** for 2 mins to brown it off, before removing from the pan for later.



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

6 Add 1 tsp of **oil** into the pan on high heat and brown off the **steak** strips 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.*



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

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

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

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

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!