



# Sesame Beef Stir Fry

with Jasmine Rice, Red Pepper and Bok Choy

N° 10

**FAMILY** Hands On Time: 15 Minutes • Total Time: 25 Minutes • 1 of your 5 a day



Jasmine Rice



Bok Choy



Red Pepper



Garlic Clove



Ginger



Spring Onion



Sesame Seeds



Beef Steak Strips



Soy Sauce



Ketjap Manis

## Before you start

Our fruit, veggies and herbs need a wash before you use them!

### Basic cooking tools you will need:

Measuring Jug, Saucepan, Fine Grater and Frying Pan.

### Ingredients

	2P	3P	4P
Jasmine Rice	1 small pack	1 large pack	2 small packs
Water for the Rice*	300ml	450ml	600ml
Bok Choy**	1	2	2
Red Pepper**	1	1½	2
Garlic Clove**	1 clove	2 cloves	2 cloves
Ginger**	½ piece	¾ piece	1 piece
Spring Onion**	1	2	2
Sesame Seeds <b>3)</b>	1 small pot	1 small pot	1 large pot
Beef Steak Strips**	240g	360g	480g
Soy Sauce <b>11) 13)</b>	1 sachet	1½ sachets	2 sachets
Ketjap Manis <b>11) 13)</b>	1 sachet	1½ sachets	2 sachets

\*Not Included \*\* Store in the Fridge

### Nutrition

	Per serving	Per 100g
for uncooked ingredients	400g	100g
Energy (kJ/kcal)	2617 /626	654 /157
Fat (g)	18	5
Sat. Fat (g)	7	2
Carbohydrate (g)	74	18
Sugars (g)	13	3
Protein (g)	40	10
Salt (g)	2.78	0.70

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

**3)** Sesame **11)** Soya **13)** Gluten

Wash your hands before and after handling ingredients. Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

### Contact

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## 1. Cook the Rice

Pour the **water** for the rice (see ingredients for amount) into a saucepan and bring to the boil. When boiling, add ¼ tsp of **salt**, stir in the **rice**, lower the heat to medium and pop a lid on the pan. Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the rice will continue to cook in its own steam).



## 4. Fry the Beef

Return the pan to high heat with a drizzle of **oil**. When the **oil** is hot, add the **steak strips** and stir-fry until browned but not cooked through, 2 mins. **TIP:** Do this in batches if your pan is small. You want the steak to brown not stew. Transfer to a plate, wipe out the pan and return to high heat with a splash of **oil**. **IMPORTANT:** The steak is safe to eat when the outside is cooked.



## 2. Get Prepped!

Trim the **bok choy** then thinly slice widthways. Halve the **pepper** and discard the core and seeds. Slice into thin strips. Peel and grate the **garlic** (or use a garlic press). Peel and grate the **ginger**. Trim the **spring onions** then slice thinly.



## 5. Cook The Veg

Add the **pepper** to the pan and stir fry until starting to soften and turning brown, 4-5 mins. Add the **bok choy**, **garlic** and **ginger** and stir fry until the **bok choy** has softened, 1-2 mins. Lower the heat and add the **soy sauce** and **ketjap manis** with a splash of **water**. Stir in the **beef strips** you browned earlier. Pour in any **steak resting juices**. Stir fry until everything is piping hot.



## 3. Sesame Time

Heat a large frying pan over medium high heat (no oil). Add the **sesame seeds** and cook, stirring, until golden, 1-2 mins. **TIP:** Watch it like a hawk as it can burn easily. Pop into a small bowl and set aside but don't wash up the pan!



## 6. Serve!

Divide the **rice** between bowls. Top with the **beef stir fry**, sprinkle over the toasted **sesame seeds** and the sliced **spring onion**.

## Enjoy!

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.