



# STEAK AND BRUSSELS SPROUTS STIR-FRY

with Carrot, Ginger and Jasmine Rice



## HELLO STIR-FRY

A perfect, speedy weeknight dinner

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 854



Beef Strips



Brussels Sprouts



Green Onion



Garlic



Ginger



Long Red Chili



Jasmine Rice



Carrot, coins



Teriyaki Sauce



Oyster Sauce

## BUST OUT

- Measuring Spoons
- Small Pot
- Measuring Cups
- Large Non-Stick Pan
- Salt
- Olive or Canola oil

## INGREDIENTS

2-person | 4-person

- Beef Strips 1 pkg (340 g) | 2 pkg (680 g)
- Brussels Sprouts 1 pkg (227 g) | 2 pkg (454 g)
- Green Onions 2 | 4
- Garlic 1 pkg (10 g) | 2 pkg (20 g)
- Ginger 30 g | 60 g
- Long Red Chili 1 | 1
- Jasmine Rice 1 pkg (170 g) | 2 pkg (340 g)
- Carrot, coins 1 pkg (170 g) | 2 pkg (340 g)
- Teriyaki Sauce 1,4,9 1 pkg (2 tbsp) | 2 pkg (4 tbsp)
- Oyster Sauce 0,1 1 pkg (1½ tbsp) | 2 pkg (3 tbsp)

## ALLERGENS

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites

## START STRONG

We like our veggies tender-crisp, which means it still has some snap (or bite) to it when it's cooked. If you prefer softer (more tender) veggies, cook them for 1-2 min longer in Step 4!



**1 PREP** Wash and dry all produce. In a small pot, bring **1½ cups salted water** (double for 4 people) to a boil. Cut the **Brussels sprouts** in half (or quarters if they are large.) Thinly slice the **green onions**. Mince or grate the **garlic**. Peel, then mince or grate **1 tbsp ginger** (double for 4 people.) Finely chop the **chili**, removing the seeds for less heat.



**2 COOK RICE** Add the **rice** to the boiling water. Reduce the heat to medium-low. Cover with a lid, and cook until the rice is tender and the water has been absorbed, 12-14 min.



**3 COOK BEEF** Heat a large non-stick pan over high heat. Add a drizzle of **oil**, then **half the beef strips**. Cook until browned, 1-2 min per side. Transfer to a plate. Repeat with the **remaining beef**, and transfer the cooked beef to the same plate.



**4 COOK VEGGIES** Reduce the heat to medium. Add another drizzle of **oil** to the same pan, then the **Brussels sprouts, carrots** and as much **chili** as you like. Cook, stirring occasionally, until tender, 6-7 min.



**5 ADD SAUCE** Add the **garlic, ginger** and **half the green onions** to the **veggie mixture**. Cook for 1 min. Add the **teriyaki sauce, oyster sauce** and **beef strips**. Stir until warmed through, 1 min.



**6 FINISH AND SERVE** Fluff the **rice** with a fork. Divide the rice between bowls. Top with the **beef and veggies**. Sprinkle with the **remaining green onions**.

## SIZZLING!

Stir-fries deliver the biggest flavour-to-effort ratio.