



# UCOOK

## Mongolian-style Beef Strips

with basmati rice & fresh parsley

Beef strips are coated in cornflour to create a crisp coating whilst frying, before being tossed through a tasty sauce made of hoisin & rice wine vinegar. Thin strips of carrot are added at the last minute for some crunch. These saucy beef strips are then served over steaming basmati rice. This dish is divine from the first bite to the last!

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**Hands-on Time:** 30 minutes

**Overall Time:** 45 minutes

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**Serves:** 3 People

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**Chef:** Thea Richter

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 **\*NEW Simple & Save**

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 **Simonsig | Pinotage**

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## Ingredients & Prep

225ml	White Basmati Rice <i>rinsed</i>
90ml	Cornflour
45ml	Hoisin Sauce
30ml	Rice Wine Vinegar
450g	Beef Strips <i>patted dry with paper towel</i>
2	Garlic Cloves <i>peeled &amp; grated</i>
480g	Carrot <i>rinsed, trimmed, peeled &amp; cut into thin matchsticks</i>
8g	Fresh Parsley <i>rinsed, picked &amp; roughly chopped</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Paper Towel

**1. JAZZY RICE** Place the rinsed rice in a pot with 450ml of salted water. Cover and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

**2. SAUCY SAUCY** Place 15ml of the cornflour in a bowl. Slowly pour in 240ml of water, stirring continuously. Mix in the hoisin sauce and the rice wine vinegar. Set aside.

**3. CRISPY BEEF** Place a pan over medium-high heat with enough oil to cover the base. In a bowl, toss the remaining cornflour with the beef strips and seasoning. When hot, fry the coated beef until crispy, 45-60 seconds per side. You may need to do this step in batches. Drain on paper towel. Reserve 1 tbsp of the oil in the pan, discarding the rest.

**4. FINISH UP!** Return the pan with the reserved oil to low-medium heat. When hot, add the grated garlic and fry until fragrant, 1-2 minutes (shifting constantly). Pour in the hoisin and vinegar sauce and the carrot matchsticks. Simmer until sticky and glossy, 1-2 minutes. Remove from the heat, add the cooked beef strips, and season.

**5. LET'S MUNCH!** Plate up a heaping helping of the rice and top with the saucy Mongolian beef and veg. Garnish with the chopped parsley. Enjoy, Chef!



## Chef's Tip

To get the crispiest results when frying the beef, don't overcrowd the pan.

## Nutritional Information

Per 100g

Energy	514kJ
Energy	123kcal
Protein	8.7g
Carbs	20g
of which sugars	3.9g
Fibre	1.7g
Fat	0.8g
of which saturated	0.3g
Sodium	122mg

## Allergens

Gluten, Allium, Sesame, Wheat,  
Sulphites, Sugar Alcohol (Xylitol), Soy

Cook  
within  
4 Days