



U C O O K

— COOKING MADE EASY

STICKY MONGOLIAN BEEF

with brown basmati & hoisin sauce

Free-range beef mince, caramelised in a sticky hoisin-soy sauce with chilli and garlic. Plus, a fresh crunch from a colourful salad with spring onions, julienne carrots, and toasted sesame seeds.

Hands-On Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Carey Erasmus

 **Easy Peasy**

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Ingredients & Prep

100ml	Brown Basmati Rice
150g	Free-Range Beef Mince
2.5ml	Beef Stock
20g	Green Leaves rinsed
75g	Julienne Carrot
1	Spring Onion thinly sliced into strips
3g	Fresh Coriander rinsed & picked
5ml	Toasted Sesame Seeds
7.5ml	Ongs Sesame Oil
1	Chilli deseeded & finely chopped
1	Garlic Clove peeled & grated
45ml	Sticky Sauce (15ml soy sauce & 30 hoisin sauce)

From Your Kitchen

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

1. BEFORE YOU GET GOING Read the whole recipe. The prep instructions are displayed in the ingredient list, directly under the item they apply to. You can either do all your prep before you start, or as you get to each item in the method.

2. COOK YOUR RICE Rinse the rice and place in a pot. Submerge in 300ml of salted water. Pop on a lid and bring to the boil. Once boiling, reduce the heat and simmer for 20 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and set aside to steam for a further 10 minutes.

3. BROWN THE MINCE Boil the kettle. Place a pan or wok over a high heat with a drizzle of oil. When hot, add in the beef mince and work quickly to break it up as it starts to cook. Allow it to caramelise for 3-4 minutes until browned, stirring occasionally. On completion, season to taste and remove from the pan. Dilute the beef stock with 50ml of boiling water.

4. ASSEMBLE THE SALAD Place the rinsed green leaves, julienne carrot, and spring onion strips in a salad bowl. Sprinkle in three-quarters of the coriander leaves and three-quarters of the toasted sesame seeds. Toss together with the sesame oil and season to taste.

5. STICKY BEEF Return the pan to a low heat with another drizzle of oil. When hot, fry the chopped chilli (to taste) and grated garlic for 1 minute. Return the beef mince to the pan and stir in the Sticky Sauce and diluted stock. Simmer for 2-3 minutes until heated through and sticky.

6. GET STUCK IN Make a bed of nourishing brown basmati rice. Spoon over the sticky beef and serve the crunchy Asian salad on the side. Garnish the beef with the remaining coriander leaves, sesame seeds, and fresh chilli to taste. Delish!



Chef's Tip

For the rice, keep the lid on for the entire cooking and steaming time, only checking if necessary. This will ensure you get that perfect, nutty texture!

Nutritional Information

Per 100g

Energy	874kj
Energy	209Kcal
Protein	9g
Carbs	20g
of which sugars	3g
Fibre	2g
Fat	10g
of which saturated	3g
Salt	1g

Allergens

Gluten, Allium, Sesame, Soy

Cook
within 3
Days