



Mongolian-Style Ginger Beef with Jasmine Rice

Tender stir-fried beef coated in a glossy soy-ginger sauce, paired with crisp sugar snap peas, red bell pepper, and spring onions. Served over fragrant jasmine rice, this dish balances sweet, savory, and aromatic flavors, enhanced by fresh ginger and garlic. A hearty and satisfying meal with a hint of Mongolian flair.

Ingredients

- Stir-fry Beef Strips
- Spring onion
- Sugar snap peas
- Ginger
- Garlic
- Bell Pepper
- Jasmine Rice
- Cornflour
- Sugar
- Soy Sauce

Your Pantry

- Olive Oil
- Salt & Pepper

Nutritional Info

Calories: 429 kcal
Carbohydrates: 50 g
Protein: 33 g
Fat: 10 g

Allergens

[Wheat \(Soy Sauce\)](#)
[Soy \(Soy Sauce\)](#)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.

1) Marinate the beef

Mix the beef strips with olive oil, salt and pepper in a bowl. Sprinkle over the cornflour and mix well until combined. Set aside.

2) Cook the rice

Add 90ml of cold/room temperature water per person to a saucepan with the jasmine rice. Bring to a simmer on high heat as fast as you can. Once bubbles begin to form, turn the heat down, cover with a lid/tin foil and leave for 12 minutes - do not lift the lid during cooking. Meanwhile...

3) Prepare the vegetables

De-core the pepper and slice into strips or chunks. Slice the spring onion. Grate about ½ tsp per person portion of ginger. Peel and crush the garlic.

4) Make the sauce

Combine the sugar, soy sauce, and 1 tablespoon of water per person.

5) Cook the vegetables

Place a wok or large pan on a high heat with a drizzle of oil. Once hot, add in the spring onion and fry 30 seconds, then add in the ginger and garlic. Stir fry for another 30 seconds then add in the peppers and sugar snaps. Stir fry until the colour deepens and they are beginning to tender but still crisp. Remove from the pan and set aside.

6) Cook the beef

Return the pan to the heat with a drizzle of oil. Once nice and hot, add in the beef strips and stir fry until browned all over (about 2 minutes). Pour in the sauce and begin stirring immediately, cooking for about 20 seconds before returning the vegetables to the pan. Cook, stir frying, for another minute or until the sauce is thickened. Turn off the heat.

7) Serve the dish

Serve the dish on top of the rice and enjoy!



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