

Sweet Chilli Beef Stir Fry with Carrot & Snow Peas

When did we need pre-packaged kits to bring this supper of convenience to life? With a searing hot wok, a squeeze of fresh lime, some ginger, a little sweet chilli and soy, a rainbow of fresh ingredients becomes a delicious medley of flavours that sings as only real ingredients can.



Prep: 15 mins **Cook:** 20 mins **Total:** 35 mins



level 1



high protein



spicy

Pantry Items









Vegetable Oil



Sweet Chilli Sauce



Red Onion



Lime



Carrot



Ginger



Snow Peas



Beef Strips



Jasmine Rice



Birdseye Chilli



Coriander

| 2P | 4P | Ingredients | |
|---------|----------|---|---|
| 2 tbs | 4 tbs | sweet chilli sauce | |
| 2 tbs | 4 tbs | salt-reduced soy sauce * | |
| 1/2 | 1 | lime, juiced | # |
| 1 knob | 2 knobs | ginger, peeled & finely grated | |
| 300 g | 600 g | beef strips | |
| 3/4 cup | 1 ½ cups | Jasmine rice | |
| 3 cups | 6 cups | water * | |
| 1 tbs | 2 tbs | vegetable oil * | |
| 1/2 | 1 | red onion, finely sliced | # |
| 1 | 2 | carrot, cut into 5 mm thick diagonal slices | |
| 100 g | 200 g | snow peas, trimmed | |
| 1 | 2 | birdseye chilli, finely sliced (optional) | |
| ½ bunch | 1 bunch | coriander, leaves picked | # |
| | | | |

Ingredient features in another recipe

Pantry Items

Pre-preparation

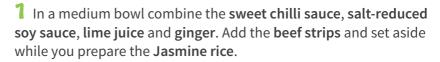
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| Energy | 2690 | Kj |
|--------------|------|----|
| Protein | 42.2 | g |
| Fat, total | 14.9 | g |
| -saturated | 4 | g |
| Carbohydrate | 81.9 | g |
| -sugars | 18.7 | g |
| Sodium | 889 | mg |
| | | |

Disclaimers: We may substitute snow peas for sugar snap peas as unpredictable weather conditions may affect market supply.

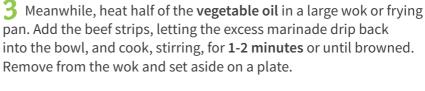


You will need: chef's knife, chopping board, vegetable peeler, fine grater, medium bowl, sieve, medium saucepan, large wok/frying pan and a plate.





2 Place the rice into a sieve and rinse it with cold tap water until the water runs clear. Place the rice and the water in a medium saucepan and bring to the boil over a high heat. Reduce the heat to medium and simmer, uncovered, for 10-12 minutes or until the rice is soft. Drain.





4 Heat the remaining vegetable oil in the same wok over a high heat. Add the **red onion**, **carrot**, **snow peas** and half of the **birdseye chilli** and stir fry for **2 minutes** or until just tender. Return the beef to the wok with the excess marinade and stir fry for **1-2 minutes** or until everything is well coated in the sauce. Add the **coriander** and then remove from the heat.



5 To serve, divide the rice between bowls and top with sweet chilli & ginger beef stir fry. Garnish with the remaining birdseye chilli if you like a bit of heat!

Did you know? Ginger is not actually a root, it's a rhizome.