



JERNEJ KITCHEN

GROUND BEEF STIR FRY

Ground Beef Stir Fry is a quick and easy meal for a weeknight dinner. It takes 30 minutes to make and is full of flavor and texture. Serve with it rice.

SERVES	4	PEOPLE
PREPARATION:	15	MINUTES
COOK:	15	MINUTES
TOTAL TIME:	30	MINUTES

SAUCE

- 2 tbsp light soy sauce
- 1 tbsp Oyster sauce
- 1 tbsp Hoisin sauce
- 60 ml (1/4 cup) beef stock or water
- 1 tsp sugar
- a pinch of pepper

THICKENING SAUCE

- 1 tbsp cornstarch
- 180 ml (3/4 cup) beef stock or water

STIR FRY

- 1 red bell pepper
- 1 green bell pepper
- 1 carrot
- 2 spring onions
- 2 garlic cloves
- 1 tbsp minced ginger
- 60 g (1/2 cup) snap pea (optional)
- 2 tbsp sesame oil
- 200 g (1 cup) Basmati rice
- 300 g (10.5 ounces) ground beef

SAUCE

Combine soy sauce, oyster sauce, Hoisin sauce, beef stock, sugar, and a pinch of black pepper in a bowl. Make the thickening sauce. Stir cornstarch and beef stock or water in a small bowl.

PREPARE THE VEGETABLES

Clean the bell peppers, remove the seeds, and cut them into large pieces. Peel the carrot and cut it into thin slices (julienne style). Clean the spring onion and cut it into 5-cm or 2-inch slices. Peel the garlic and ginger and mince.

RICE

Cook the Basmati rice according to the package instructions. This is how we cook it. Add the basmati rice to a sieve and rinse under running water. Add to a saucepan and add the water. The water should be 2 cm or 1 inch above the rice. Place over medium heat and bring to a boil, then lower the heat and cook covered for 11 minutes on low heat. Remove from the heat, and set aside covered.

COOK

Place a wok pan or a large skillet over high heat. Add the sesame oil and ground beef. Pan-fry for 3 - 4 minutes; add garlic and ginger and continue to cook for 30 seconds. Add half of the sauce and fry for a minute. Add the rest of the prepared vegetables and stir for 2 minutes. Add the rest of the sauce and thickening sauce and toss to combine.

SERVE

Divide the cooked basmati rice between four plates. Arrange the ground beef stir fry on top. Optionally arrange the sprouts

1 handful Mung bean sprouts to
serve, optional

1 tsp sesame seeds to serve,
optional

on top and sprinkle with sesame seeds, then serve.

TOOLS AND EQUIPEMENT

cutting board

kitchen knife

saucepan

wok or large pan