



HEALTHY

## Chinese Ginger Beef

with Pak Choy, Chilli and Brown Rice



30-40 mins



2 Portions

Women's health. Powerful stuff! This Chinese ginger beef with pak choy, chilli and brown rice recipe has been developed in conjunction with the Jean Hailes Kitchen to celebrate Women's Health Week. Guaranteed to pack a punch, it's rich in iron and anti-inflammatory ingredients plus has a low GI. Visit [womenshealthweek.com.au](https://www.womenshealthweek.com.au) for more information and health tips. Get cooking with \$80 off\* your first Marley Spoon box. Flip over to get your code!



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### What we send

- 125g brown rice
- 2 beef-style stock cubes
- 1 garlic clove
- 1 long red chilli
- ginger
- 1 tbs rice wine vinegar
- beef stir-fry
- 1 red onion
- 1 carrot
- 1 red capsicum
- 1 bunch pak choy
- coriander

### What you'll require

- 1L (4 cups) water
- 60ml (¼ cup) boiling water
- 2 tbs soy sauce
- 2 tsp honey
- 3 tsp neutral flavoured oil

### Utensils

- medium saucepan
  - sieve
  - fine grater
  - large frypan
- Our veggies come straight from the farm, so please wash them before cooking.

### Allergens

Soy

### Nutrition per serving

Energy 599kcal, Fat 13g, Proteins 50.9, Carbs 64.5



**1. Cook brown rice**

**Read through the recipe.** Bring **1L (4 cups) water** to the boil in a medium saucepan. Cook the **rice** in the pan of boiling water for 25 mins or until tender. Drain. Meanwhile, crumble **1 stock cube** (the remaining stock cube won't be used in this dish) into a heatproof jug, add **60ml (¼ cup) boiling water** and stir to dissolve.



**4. Stir-fry beef**

Heat **2 tsp oil** in a large frypan over high heat. Remove the **beef** from the marinade, reserving the marinade. Stir-fry the beef for 2-3 mins until browned. Remove the beef from the pan and wipe the pan clean.



**2. Marinate beef**

Crush or finely chop the **garlic**. Thinly slice **half the chilli**, removing the seeds if less heat is desired (the remaining chilli won't be used in this dish). Peel and finely grate the **ginger**. Put the garlic, chilli, ginger, **rice wine vinegar**, **2 tbs soy sauce** and **2 tsp honey** in a medium bowl and whisk to combine. Separate the **beef stir-fry**, add to the marinade and toss to coat.



**5. Stir-fry vegetables**

Heat **1 tsp oil** in the frypan over high heat. Stir-fry the **onion**, **carrot** and **capsicum** for 2-3 mins until starting to soften. Add the **pak choy stems** and stir-fry for 1 min. Add the **pak choy leaves**, **reserved marinade** and **stock** and cook for 1 min or until slightly reduced.



**3. Prepare vegetables**

Thinly slice the **onion**. Peel the **carrot**, halve lengthwise and thinly slice on an angle. Thinly slice the **capsicum**, discarding the seeds and membrane. Trim and cut the **pak choy** into thirds widthwise, keeping the leaves and stems separate. Finely chop the **coriander**, including the stems.



**6. Get ready to serve**

Return the **beef** and any resting juices to the pan and stir in **half the coriander**. Divide the **rice** and **stir-fry** among bowls. Scatter over the **remaining coriander** to serve.

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