



# GINGER BEEF STIR-FRY

with Zucchini, Snow Peas and Peanuts

PRONTO



## HELLO PEANUTS

Peanuts are legumes (not nuts!) that grow below the ground

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 716



Beef Strips



Ginger



Garlic



Zucchini



Snow Peas, trimmed



Red Chili



Jasmine Rice



Oyster Sauce



Peanuts, chopped



Soy Sauce



Brown Sugar

## BUST OUT

- Large Non-Stick Pan
- Small Bowl
- Measuring Cups
- Garlic Press
- Medium Pot
- Salt and Pepper
- Measuring Spoons
- Olive or Canola oil

## INGREDIENTS

2-person | 4-person

- Beef Strips 285 g | 570 g
- Ginger 30 g | 60 g
- Garlic 10 g | 20 g
- Zucchini 160 g | 320 g
- Snow Peas, trimmed 227 g | 454 g
- Red Chili 1 | 1
- Jasmine Rice ¾ cup | 1½ cup
- Oyster Sauce 0,1 3 tbsp | 6 tbsp
- Peanuts, chopped 7 28 g | 56 g
- Soy Sauce 1,4 1½ tsp | 3 tsp
- Brown Sugar 1 tbsp | 2 tbsp

## ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites

\*Laver et sécher tous les aliments.



## START STRONG

Cooking the veggies all together in Step 5 is a classic stir-fry technique – hot and fast! Also, when returning the beef to the pan in Step 5, be sure to include any juices from the plate for extra flavour!



### 1 PREP

**Wash and dry all produce.\*** In a medium pot, bring **1½ cups salted water** (double for 4 ppl) to a boil. Cut the **zucchini** in half lengthwise then into ¼-inch slices. Mince or grate the **garlic**. Peel, then mince **1 tbsp ginger** (double for 4 ppl). Thinly slice the **chili**, removing the seeds for less heat.



### 4 COOK BEEF

Pat the **beef strips** dry with paper towels. Increase the pan to medium-high heat. Add a drizzle of **oil**, then **half** the beef strips. Season with **salt and pepper**. Cook until browned, 1-2 min per side. Transfer to a plate and set aside. Repeat with the **remaining** beef.



### 2 COOK RICE

Add the **rice** to the boiling water. Reduce the heat to medium-low. Cover and cook until the rice is tender and the water has been absorbed, 12-14 min.



### 5 COOK VEGGIES

Add another drizzle of **oil** to the same pan, then the **zucchini, snow peas, garlic, ginger** and as much **chili** as you like. Cook, stirring occasionally, until the snow peas are tender-crisp, 3-4 min. Add the **oyster sauce, soy sauce, brown sugar** and **beef**. Cook, stirring often, until the stir-fry is warmed through, 2-3 min.



### 3 TOAST PEANUTS

Meanwhile, heat a large non-stick pan over medium heat. Add the **peanuts** to the dry pan. Toast, stirring often, until golden-brown, 3-4 min. (**TIP:** Keep your eye on them so they don't burn!) Transfer to a small bowl and set aside.



### 6 FINISH AND SERVE

Fluff the **rice** with a fork. Divide the rice between plates and top with the **ginger beef stir-fry**. Sprinkle with the **peanuts** and as much **remaining chili** as you like.

## EASY!

This stir-fry is the perfect combo of sauce, rice, tender veggies and crunchy peanuts!