



Mongolian Beef with Cauliflower Rice

with Green Beans & Peanuts



ca. 20min



2 Servings

| We made this recipe carb conscious by customizing with cauliflower.

What we send

- ½ lb green beans
- 1 oz fresh ginger
- 1 yellow onion
- 1 oz salted peanuts ⁵
- 10 oz pkg grass-fed ground beef
- ¼ oz cornstarch
- 2 oz tamari soy sauce ⁶
- 2 oz dark brown sugar
- 1 head cauliflower

What you need

- kosher salt & ground pepper
- neutral oil
- apple cider vinegar (or white wine vinegar)
- garlic

Tools

- medium nonstick skillet

Allergens

Peanuts (5), Soy (6). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 700kcal, Fat 37g, Carbs 46g, Protein 42g



1. Prep ingredients

Trim stem ends from **green beans**, then halve crosswise. Finely chop **2 teaspoons garlic**. Peel and finely chop **1 teaspoon ginger**. Halve and thinly slice **all of the onion**.

Coarsely chop **peanuts** and set aside until step 6.

Holding the stem end, grate one half of the **cauliflower** (save rest for own use), creating small bits that resemble rice.



2. Cook cauliflower rice

Heat **1 tablespoon oil** in a medium nonstick skillet over high. Add **cauliflower rice** and cook, stirring, until crisp-tender, about 5 minutes. Season with **salt** and **pepper**. Transfer to a bowl; cover and set aside. Wipe out skillet.



3. Cook green beans & onions

Heat **1 tablespoon oil** in same skillet over high. Add **green beans** and **onions**; cook, stirring occasionally, until browned and just tender, 3–5 minutes. Transfer to a bowl; cover to keep warm and allow to steam until step 6.



4. Cook beef

Heat **1 tablespoon oil** in same skillet over medium-high. Add **ground beef** and cook, breaking up into larger pieces, until well browned and cooked through, 5–7 minutes.



5. Make sauce

To skillet with **beef**, add **chopped garlic and ginger** and **2 teaspoons cornstarch**. Cook, stirring, until fragrant, about 30 seconds. Add **tamari**, **¼ cup water**, and **2 tablespoons brown sugar**. Cook, stirring, until sauce is thickened, 1–3 minutes.



6. Finish & serve

Return **green beans and onions** to skillet with **beef and sauce** and toss to coat. Stir in **½ teaspoon vinegar**, then season to taste with **salt** and **pepper**.

Serve **cauliflower rice** topped with **Mongolian beef**. Garnish with **chopped peanuts**. Enjoy!