



Fast! Mongolian Beef & Brown Rice

with Peanuts



ca. 20min



2 Servings

Stir-frying is the best cooking method for quickly infusing meat and veggies with deep caramelized flavors. Here, grass-fed ground beef gets flashed in a hot skillet with aromatics before adding crisp-tender green beans and tamari-brown sugar sauce into the mix. Hearty brown rice soaks up the sauce, while salted peanuts on top provide a delightful crunch.

What we send

- 5 oz quick-cooking brown rice
- ½ lb green beans
- garlic
- 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

What you need

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

Tools

- medium saucepan
- fine-mesh sieve
- 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 930kcal, Fat 39g, Carbs 91g, Protein 44g



1. Cook brown rice

Bring a small saucepan of **salted water** to a boil. Add **rice** and boil (like pasta), stirring occasionally, until just tender, about 22 minutes. Drain rice in a fine-mesh sieve.



2. 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.



3. Cook green beans & onions

Heat **1 tablespoon oil** in medium nonstick 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**.

Fluff **rice** with a fork, then spoon onto plates and top with **Mongolian beef**. Garnish with **chopped peanuts**. Enjoy!