



## Fast! Mongolian Beef

with Jasmine Rice & 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. Fluffy jasmine rice soaks up the sauce, while salted peanuts on top provide a delightful crunch.



## What we send

- 5 oz jasmine rice
- ½ lb green beans
- 1 oz fresh ginger
- 1 yellow onion
- 1 oz salted peanuts <sup>5</sup>
- 10 oz pkg grass-fed ground beef
- ¼ oz cornstarch
- 2 oz tamari soy sauce <sup>6</sup>
- 2 oz dark brown sugar

## What you need

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

## Tools

- medium saucepan
- 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 43g, Carbs 96g, Protein 42g



### 1. Cook rice

In a medium saucepan, combine **rice**, **1¼ cups water**, and **½ teaspoon salt**, bring to a boil over high heat. Reduce heat to low, cover, and cook until rice is tender and water is absorbed, about 17 minutes. Keep covered off heat until ready to serve.



### 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.



### 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.



### 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.



### 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.



### 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!