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Sesame Beef Stir Fry with Asian Greens

This dish is all about crispy, sizzling beef strips infused with the nuttiness of sesame seeds. Dancing across your taste buds tonight, this lip smacking concoction with fresh carrot and Asian greens served on a bed of pillowy Jasmine rice won't fail to have you swinging.



Prep: 15 mins



Cook: 15 mins



Total: 30 mins



level 1



nut free



spicy

Pantry Items



Water



Soy Sauce



Sesame Oil



Brown Sugar



Vegetable Oil



Jasmine Rice



Sesame Seeds



Garlic



Beef Strips



Spring Onions



Long Red Chilli



Asian Greens





Carrot


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2P	4P	Ingredients
¾ cup	1 ½ cups	Jasmine rice, rinsed well.
3 cups	6 cups	water *
2 tbs	4 tbs	sesame seeds
2 tbs	4 tbs	salt-reduced soy sauce *
1 tsp	2 tsp	sesame oil *
1 tsp	2 tsp	brown sugar *
1 clove	2 cloves	garlic, peeled & crushed
300 g	600 g	beef strips
2 tsp	1 tbs	vegetable oil *
1 bunch	2 bunches	spring onions, cut into 2 cm lengths
1	2	long red chilli, finely sliced
1 bunch	2 bunches	Asian greens, washed & halved
1	2	carrot, peeled & cut into thin discs

 Ingredient features in another recipe

 Pantry Items

 Pre-preparation

Nutrition per serve

Energy	2730	Kj
Protein	43.8	g
Fat, total	20.5	g
-saturated	4.7	g
Carbohydrate	69.9	g
-sugars	7.9	g
Sodium	625	mg



You will need: *chef's knife, chopping board, garlic crusher, vegetable peeler, sieve, medium saucepan, medium bowl, tongs, large wok or frying pan and a plate.*

1 Place the **Jasmine rice** and the **water** in a medium saucepan and bring to the boil over a high heat. Reduce the heat to medium and simmer, uncovered, for **10-12 minutes** or until the rice is soft. Drain.



2 Meanwhile, in a medium bowl combine the **sesame seeds**, **salt-reduced soy sauce**, **sesame oil**, **brown sugar** and **garlic**. Add the **beef strips** and toss to coat well.

3 Heat the **vegetable oil** in a large wok or frying pan over a high heat. Add the beef strips to the wok, picking them up from the bowl with a pair of tongs and letting any excess marinade drip back into the bowl. Cook, stir frying, for **1-2 minutes** or until just browned. Remove from the wok and set aside.



4 Place the wok back over a high heat. Add the **spring onion**, **long red chilli**, **Asian greens** and **carrot** and stir fry for **2 minutes**. Add any excess marinade and stir fry for **1 minute**. Add the beef strips back to the pan and toss to coat well.

5 To serve, divide the rice between bowls and top with the sesame beef stir fry.



Did you know? Humans have been including chillies in their diet since 7500 BC.