

BEEF STIR FRY

with Basmati Rice

Preparation Time: 25-30 Mins

INGREDIENTS

- Basmati Rice
- Stir Fry Vegetables
- Beef Strips
- Garlic
- Teriyaki Soy Sauce
- Sesame Seeds

FROM YOUR KITCHEN

- Pepper
- Oil
- Butter/Margarine (optional)
- Medium Pot
- Wok/Large Frying Pan

STEP 1

WASH your hands and ORGANIZE your ingredients. We have conveniently provided a listing of the ingredients you will need in the order that you will need them.

STEP 2

In a medium pot, add rice and 750ml water (for every 2 person order) and butter/margarine (optional). Bring to a boil.

STEP 3

STIR rice. Cover pot with a tight fitting lid, reduce heat to a low simmer and cook for 15-20 minutes. Remove from heat (with lid on), let sit for 10 minutes.

STEP 4

Heat 1 tbsp oil in a wok/frying pan on HIGH heat. Heat until oil is nearing a smoking point**

STEP 5

Add beef and garlic. Cook 1-2 minutes.

STEP 6

Add vegetables and TOSS with beef. Cook 5-10 minutes (or until desired tenderness). ***

STEP 7

Add sauce and TOSS. Reduce heat to low, until rice is done.

LET'S EAT!

PORTION and plate your rice and top with beef stir fry.

Pepper to taste.

GARNISH with sesame seeds and serve!

PRO TIP

** Oil is at temperature when a droplet of water instantly sizzles on contact

*** If sauce reduces too much, it will increase salt content. Add water (by the tbsp) to correct



ALL PACKAGING IS COMPOSTABLE

WWW.EASYMEALSYK.COM

(867) 920-2971