

LET'S  
COOK

PARMCO



**SERVES 4 - 6**  
**PREP TIME 15**  
**COOK TIME 25**

## STIR FRIED BEEF WITH BROCCOLI AND BROWN RICE

### INGREDIENTS

400g beef sirloin, sliced thinly  
1/2 head broccoli, sliced into florets  
1 onion, peeled and sliced  
1 1/2 cups green beans, sliced  
1 tbsp oil  
4 cloves of garlic, sliced  
1 celery stalk, sliced on an angle  
1 tsp sesame oil  
2 tbsp of ginger, grated  
2 tbsp reduced-salt soy sauce  
2 tbsp water  
Pinch of sugar  
2 cups uncooked brown rice

### UTENSILS

Chopping boards and knives  
Measuring spoons and cups  
Saucepan (one for every 2-4 kids)  
Wok or frying pan (one for every 2-4 kids)  
Rice cooker or microwave  
Bowls and forks to eat with!

### METHOD

1. Heat a saucepan of water to the boil. This is to blanch the vegetables.
2. Add the broccoli first and blanch for 1 minute, remove and set aside.
3. Return the water to the heat and add the sliced onion, cook for another minute then reserve the onion, then blanch the beans and set aside reserving the water.
4. Heat your wok on high. When almost smoking add the oil, onion and garlic.
5. Cook for 1 minute then add the beef. Cook stirring all the time until the beef changes colour.
6. Add the reserved veg, celery and combine. Cook for 2 minutes then add the sesame oil, soy and a couple of tbsp of the reserved water and a pinch of sugar.
7. Combine and bring to the boil. Serve straight away with rice and stir fried bok choy.

### NUTRITION INFORMATION

	Per serve (at 4 serves)
Energy	2390kJ (570cal)
Protein	33g
Fat	14g
- Saturated	4g
Carbohydrate	80g
- Sugars	6g
Fibre	8g
Sodium	90mg
Calcium	70mg
Iron	4.5mg
2 vegetables	