

Ginger Beef Stir Fry

Description

Serves 2–3. Tender sliced beef tips are stir-fried with fresh green onions and finished with a ginger-garlic glaze. Served over white rice and topped with sesame seeds and freshly sliced green onions.

Cooking Instructions

This dish has 5 parts: Beef, Sauce, Rice, Sesame Seeds, and Fresh Scallions.

Cooking Method: QuickThaw/Sauté

QuickThaw: Remove rice and sesame seeds from kit. QuickThaw beef and sauce by submerging well-sealed bags in warm water for 10–15 minutes.

Scallions: These are fresh and should be kept in the refrigerator. Slice the white/light green section of the scallions into 1/2-inch pieces; these will be cooked with the beef. Slice the green section of the scallions into 1/8-inch rings; these will be used in the rice and as garnish. Set aside.

Rice: Bring 1 3/4 cups water and 1/4 teaspoon salt to a boil in a small saucepan. Add rice. Bring back to a boil, then lower heat and simmer 18 minutes. Once rice is done, stir in 3/4 of the green scallions and fluff with a fork.

Beef: Cover the bottom of a skillet with oil. Over medium heat, cook beef strips with the white scallion slices for about 2 minutes per side. Depending on skillet size, you may need to do this in batches. Set cooked beef aside. Dispose of most of the oil in the skillet, then add 1/4 cup water to the pan, scraping up the browned bits on the bottom. Add sauce, stir, and simmer 2–3 minutes, until sauce thickens. Add beef back to the skillet and stir to coat well with sauce.

Internal temp: 145°F.

Serving Suggestions: Serve beef over rice. Sprinkle with included sesame seeds and top with remaining green scallion slices. Note: this dish includes fresh ginger, so you may find fibers from the ginger in the finished dish.

Please Note: Cooking times are estimates and may vary based on your stovetop, pan, equipment, and how thawed the dish is when placed in the skillet.

Nutritional Information

Per Serving: Nutritional information coming soon.

Contains: Soy. Sesame Seeds.

Lifestyle: Gluten-Free. Dairy-Free.

Ingredients: beef, white rice, scallions, pureed onion, GF soy sauce, sugar, ginger, rice flour, sesame seeds, GF/DF beef base, garlic, jalapeño, corn starch, sesame oil, canola oil, salt, pepper, garlic powder, onion powder, spices.

Please Note: Because Dinner Done dishes are hand-crafted, exact information may vary. Serving size: 3 servings per entrée, unless otherwise stated.



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