

Mongolian Beef with Scallion Rice ?

Cooking Instructions

This dish includes 4 parts: Beef, Sauce, Rice, and Fresh Scallions.

Note: This dish includes fresh ginger, which is fibrous. You may find fibers from the ginger in this dish!

QuickThaw Beef by submerging the well-sealed bag in water for 15-20 min.

Preparation: First, slice the fresh scallions – cut the white part into 1/2? slices and then cut the green part into smaller 1/8? slices. Keep the white and green parts separate – the white part will be used in the beef, and the green will be used in the rice!

Rice: In a small pot, place 1 3/4 cups water, 1/2 tsp salt, and the rice. Bring to a boil, stir, reduce heat to low, and simmer 18 minutes. Stir in the **green** scallion slices and fluff with a fork.

Beef: Cover the bottom of a skillet generously with your favorite cooking oil and, over medium heat, add beef and the **white** scallion slices and cook about 2-3 min each side. Depending on the size of your skillet, you may need to cook the beef in batches. Set beef aside, dispose of any remaining oil, and in the same pan, add sauce and stir until slightly thickened. Add beef back into sauce and toss to coat evenly. Serve beef over rice.

Internal Temperature: 145F

Serving Suggestions: Green salad. Kirin Beer.

Please Note: Cooking times are estimates and vary based on your actual oven, stovetop, or slow cooker, as well as item thickness and starting temperature. For best results, always verify the internal temperature of your meals. We recommend instant-read pocket thermometers – they are inexpensive, convenient, and very easy to use.



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