

# Mongolian Beef

## Ingredients

- 500g / 1lb beef (minced or thinly-sliced)
- 1 large carrot, julienned
- 10 snow peas, thin-sliced
- 1/2 red capsicum, diced
- 3 spring onions, thin-sliced
- 1/4 cup beef stock
- 2 tbsp rice syrup
- 2 tsp minced garlic
- 1 tsp minced ginger
- sesame oil
- soy sauce
- cornflour

## Method

1. Mix beef with 1 tsp oil, 1 tsp soy sauce, and 1 tbsp cornflour, and marinade at least 1 hour.
2. Mix stock, rice syrup, and 4 tbsp soy sauce.
3. Heat wok with oil on high heat and sear each side of the meat.
4. Push the meat to one side, briefly sauté ginger and garlic in oil, and then add sauce and simmer.
5. Thicken with cornflour and add vegetables, and mix well.

## Notes

Serve over rice or wudong noodles.

Serves 2.

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