



Local Rhoots

LOCAL. SUSTAINABLE. MEALS.

Chinese Beef & Veggie Stir Fry

Ingredients

Steak & Sauce

Hanger Steak
Gochujang, Ketchup, Garlic,
Honey, Strawberry Jam, Lemon
Juice, Green Onion

Produce:

Zucchini
Bell Pepper
Onion

Dry Goods:

Sushi Rice
Sesame Seeds

CAL 453

Directions

Rinse rice, place in a pot with lid and add 3 cups of water. Place on the stove, bring to a boil, reduce to a low simmer, cover and set timer for 20 minutes. Remove from heat and let stand for 10 minutes.

Take out a wok, or large sauté pan.

Open bag with hanger steak and sauce, pour everything into a large bowl. Slice the peppers and zucchini into large chunks and slice the onion into thin half moons.

Heat the sauté pan over medium-high heat and add oil of choice to the pan.

One hot, saute onions until they begin to brown. Pour in chopped bell peppers and zucchini, sauté 4-6 minutes until it begins to brown.

Using tongs, place meat into the pan, leaving the sauce in the bowl. Cook 2 minutes, turn, then pour in sauce over everything. Cook another 2-4 minutes, then add spinach and remove from heat. about

To serve, portion rice and stir fry into bowls and top with sesame seeds.