



🕒 Approximately **30 min**

🔥 **502 kcal** p.p.

👤 **2 persons**

WHAT YOU NEED

- Sliced beef 240g: 1 pcs
- Zucchini: 1 pcs
- Basmati rice: 125 g
- Onions: 1 pcs
- Carrots: 200 g
- Mushrooms brown: 150 g
- Black sesame seeds: 10 g

GOOD TO HAVE AT HOME

- Salt
- Pepper
- Peanut oil
- Garlic cloves: 1 pcs
- Soy sauce: 1 tbsp.
- Vegetable broth: 50 ml

ALLERGENS



BEEF AND CRUNCHY VEGGIE STIR-FRY WITH ROASTED BLACK SESAME SEEDS AND BASMATI RICE

BASMATI RICE

- Add the rice in the 2.5 x amount of water to a pot and bring to a boil. Reduce the heat to medium/low, cover with a lid and cook for 15 min.
- Remove the lid and place a sheet of kitchen paper on the rim of the out. Put the lid back on the pot, turn off the heat and let sit for 5-10 min. until the liquid has completely absorbed.

BEEF AND CRUNCHY VEGGIE STIR-FRY

- Roast the sesame seeds on a dry pan. Set aside on a plate. Peel and slice carrots. Wash zucchini, halve lengthwise and cut into slices. Clean and slice mushrooms. Peel and chop garlic. Peel the onion and cut into wedges.
- Drain the beef strips and pat dry with kitchen paper. Heat some peanut oil in a large pan and fry the beef strips for 3 min. on high heat. Deglaze with soy sauce and fry for another minute. Season with some freshly ground black pepper and a slight pinch of salt. Set aside and wipe out the pan with some kitchen paper.
- Add another tbsp. peanut oil to the pan and sauté garlic, onion and carrots for 3 min. on medium heat. Add mushrooms and zucchini and fry for 2-3 min. Deglaze with vegetable broth and simmer for 4-5 min. Fold in sliced beef and heat to your liking. Season to taste with salt and pepper.

SERVING

- Add the beef and crunchy veggie stir-fry to plates and sprinkle with roasted black sesame seeds. Serve with basmati rice on the side.