



Mongolian Beef

Recipe by Chelsea Goodwin



Serves 5-6



15 minutes Prep

15 minutes Cook

INGREDIENTS

MARINATED MEAT

- 500g beef chuck, blade or rump steak, thinly sliced against the grain
- 1/2 teaspoon bicarb soda
- 1 tablespoon cornflour
- 1 tablespoon light soy sauce
- 1 teaspoon vegetable oil

SAUCE

- 2 tablespoons cornflour
- 1/2 cup (125ml) chicken stock
- 1/3 cup (80ml) light soy sauce
- 2 tablespoons dark soy sauce
- 1 teaspoon rice wine vinegar
- 1/3 cup (75g) brown sugar, plus more to taste
- 1/2 teaspoon sriracha

STIR-FRY

- 4 cloves garlic, crushed
- 1 tablespoon finely grated fresh ginger
- 1 head broccoli, chopped into florets
- 3 green onions, light parts sliced, dark part cut into 5 cm pieces
- 1/4 cup (60 ml) vegetable oil

TO SERVE

- Steamed jasmine rice



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PREP

- For the marinated meat, trim the fat from the beef and slice it against the grain into thin strips (3mm wide). Add beef strips to a bowl with the rest of the marinade ingredients and 1 tablespoon water. Mix together well. Cover and refrigerate for at least 1 hour, up to 24 hours.
- To make the sauce, place the cornflour into a bowl and gradually add the chicken stock, stirring until smooth. Stir in the remaining ingredients. Taste and add a bit more sugar if you prefer a sweeter sauce, then set aside.
- Crush the garlic, grate the ginger and chop the broccoli into florets for the stir-fry. Thinly slice the light parts of the green onions and cut the dark green part into 5 cm pieces.
- Just before you're ready to cook, take the beef out of the fridge to bring it closer to room temp. You might also want to put your rice on now, so it's ready in time.



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COOK

1. Heat a large wok or frying pan over high heat then add 2 tablespoons of oil. Add half the beef, spreading it out in the wok and sear for about 30 seconds each side. Transfer to a plate, heat a little more oil if needed and cook remaining beef.
2. Bring the heat back up to high and add the remaining oil. Add the garlic, ginger and the pale parts of the green onion and stir-fry for 30 seconds. Add the broccoli and stir-fry for another 30 seconds.
3. Give the sauce a quick stir to recombine the ingredients, then add to the wok. Cook, stirring, for 1–2 minutes or until the sauce has thickened. Return the beef to the wok. Toss to coat the beef and vegetables in the sauce – it should be thick and glossy. Add half of the dark green onion parts.
4. To serve, divide rice among bowls and top with stir-fry beef. Garnish with the remaining green onion.



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NOTES

- **Beef:** Budget cuts, like chuck and blade, will benefit from a longer marinating time to tenderise the beef. If you're using rump or stir-fry strips, 30 minutes will suffice.
- **Gluten-free:** Use tamari or gluten-free soy sauce in marinade. Use ½ cup (125 ml) tamari or gluten-free soy sauce in place of the light and dark soy sauces in the sauce mixture.
- **Leftovers:** Store in the fridge for up to 2 days, then reheat in the microwave to serve. This recipe is not suitable for freezing.
- **Meat:** You can make this dish with lamb, pork or chicken. Leave the bicarb soda out of the marinade if using chicken.
- **Spice:** Taste the sauce prior to serving and add sriracha according to your preference. If your family doesn't like spicy heat, start with 1/2 teaspoon sriracha or leave it out altogether – people can add their own upon serving.
- **Vegetables:** Add extra vegetables to stretch this meal further. I recommend carrots, capsicum, snow peas and/or green beans – either fresh or frozen.



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