

GEORGIE & TOM'S

- *Eating well made easy* -



Chinese ginger beef

SLOW COOKED BEEF IN GINGER, SOY AND CHINESE 5 SPICE SERVED WITH JASMINE RICE, SCALLIONS AND SEASONAL GREENS

★★★★☆ 2.9

18 reviews

Microwave
5 minutes

Shelf-life: Day of delivery plus 4 days

560 calories per person
Serves 2

*Mediterranean, High in protein,
Dairy free*

Suitable for home freezing

HOW TO COOK

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1. Remove lid from pot of Chinese beef & place back on loosely.
2. Remove film from wooden tray containing rice etc, reserve sachet of ginger, scallions and red chilli. Sprinkle 2 teaspoons of water over the seasonal greens (leave greaseproof)
3. Microwave pot of Chinese beef & wooden tray of rice & seasonal greens together at same time for 4-6 minutes, ensure piping hot and greens are cooked to your liking. Serve sprinkled with shredded ginger, scallions & red chilli.

INGREDIENTS

Beef (USDA choice from South West USA), Seasonal greens, Jasmine rice, Onion, Ginger, Creminini mushrooms, Shoaxing rice wine, Soy sauce, Sunflower oil, Garlic, Scallions, Beef stock, Light brown sugar, Sesame oil, Tomato puree, Red Chilli, Salt, Chinese 5 spice, Star anise, Black pepper.

Gluten, Sesame, Soy

Contains celery

NUTRITION FACTS

Calories 560, Fat 21g, Saturated fat 4g, Carbohydrates 60g, Total sugars 9g, Protein 29g, Fibre 4g, Sodium 1380mg