

GINGER BEEF

AND MUSHROOM BOWL

This bowl is a great way to enjoy noodles, vegetables and protein and bonus - you can pick your own toppings to customize! Use quick-cooking thinly cut steaks known as Beef Fast-fry Steaks. Be sure to soak your wooden skewers at least 15 minutes prior cooking so flare ups in the skillet are kept in check.

Prep Time: 40 minutes **Cook Time:** 15 minutes

Total Time: 55 minutes

Servings: 4

INGREDIENTS

Pickled Carrots

¼ cup granulated sugar

¼ cup warm water

½ cup white vinegar

2 large carrots, julienned (sliced thinly into matchsticks)

Beef Satay

¼ cup teriyaki sauce

2 tbsp soy sauce

1 tsp EACH sriracha sauce and sesame oil

2 cloves garlic, minced

1 tbsp grated fresh ginger

1 lb (500 g) Fast-fry Beef Steaks

Toppings

1 tsp canola oil

2 cups sliced cremini mushrooms

Pinch salt

4 large eggs

4 cups cooked rice or spaghetti noodles

½ cucumber, julienned (sliced thinly into matchsticks)

1 cup julienned daikon radish (thinly sliced into matchsticks) (optional)

COOKING DIRECTIONS

Pickled Carrots: In a small bowl dissolve sugar in warm water, stir in vinegar and carrots. Cover and let sit while you prepare the rest of the meal. Drain before using.

Beef Satay: Cut each fast-fry beef steak into 1-inch thick strips. In a bowl, whisk together teriyaki sauce, soy sauce, sriracha, sesame oil, garlic and ginger. Pour half over the beef and stir until evenly coated. Set aside the remaining sauce for later. Thread 1 strip of beef onto each skewer and place on a plate. If strips are small, thread 2 or 3 strips onto a skewer. Heat a large skillet over medium-high heat. Cook skewers in batches for about 2 minutes per side. Set aside.

Mushrooms: In a skillet, heat oil over medium. Cook mushrooms and salt, stirring frequently about 5 minutes or until fork tender. Set aside.

Eggs: Coat a nonstick skillet with cooking spray and heat over medium-low heat. Crack each egg into a small bowl. Gently slide into pan and cook 3 to 4 minutes or until white is set and edges begin to curl slightly. Slide eggs onto a plate.

Assembly: Divide cooked rice or noodles evenly between 4 bowls. Top with mushrooms, pickled carrots, cucumber, skewers and top with an egg. Drizzle each bowl with reserved sauce. Top with daikon radish (if using).



SHOPPING LIST

Granulated sugar

White vinegar

2 large carrots

Teriyaki sauce

Soy sauce

Sriracha sauce

Sesame oil

2 cloves garlic

Fresh ginger

1 lb (500 g) Fast-fry Beef Steaks

Cremini mushrooms

4 large eggs

Spaghetti noodles or rice

Daikon radish (optional)

Make this recipe a family 'cook-along' event for dinner or lunch. Get your gang to follow the full [step-by-step cooking demo](#). LOADED with TONS of TIPS and secrets to help you cook better!



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