

# Mongolian Beef



**Plan Z Phase:** This is a Z3.5 (ZReboot 3.5) recipe.

**Servings:** Serves 3 – 4. Doubles easily.

There's no need to order out! This tastes better than any take out I've had!

## **Ingredients:**

- 1 1/2 lbs steak, cut across the grain into 1/4 inch strips. You can choose anything from flank steak to NY Strip or even rib eye; just depends on how tender you want it and how much money you want to spend.
- 2 Tbl cornstarch
- 2 Tbl peanut oil

## *For the sauce:*

- 1 Tbl of olive oil
- 3 cloves minced garlic (jar garlic will do)
- 1/4 tsp fresh grated ginger root (or paste); I use the squeeze bottle version.
- 1/2 C water
- 1/3 C hoisin sauce. I have also used mango chutney.

- 1/3 C tamari (healthier than soy sauce- less salt) or use soy sauce
- 2 Tbl rice wine vinegar
- 1/4 tsp chili flakes. This amount will give it a zing. More makes it hotter but you can also keep out the chili flakes and people can add more to their dish at the table.

*For the vegetables:*

- 1/2 C sliced water chestnuts
- 1 C chopped bell peppers. You choose what color you want. I used red.
- 2 C of broccoli spears. I just use the tops of the broccoli for this dish. You could buy frozen and thaw them if you want.
- 3 green onions cut into 1-inch pieces. White and light green parts only. Make sure they are clean.

### **Instructions:**

Toss the strips of beef in the corn starch in a zip lock bag and let them sit on the cutting board for 15 minutes.

Meanwhile, prepare the sauce. Heat the oil in a small sauce pan over medium heat. When the oil is hot, lightly sauté the garlic for a minute, then add the ginger and cook for 30 seconds. Pour the remaining sauce ingredients in the pan and simmer for 5 minutes or until the sauce begins to reduce and thicken. Keep warm while preparing the rest of the ingredients.

In a large saute pan set over medium-high heat, add the 2 tablespoons of peanut oil. When the oil is hot, quickly stir-fry the beef in 2-3 batches. You want it to be nice and crisp on the outsides, but not cooked throughout. Transfer cooked beef to a plate. If the pan has a lot of oil in it, remove all but 1 tablespoon of oil.

Add the vegetables and sauté for 2-3 minutes before returning the beef to the skillet. Add the sauce, stir, and allow everything to cook for an additional 2 minutes before removing from the heat. Serve immediately. This does not need rice or noodles. It's divine without.

Enjoy!

Cheers,