

# BEEF & BROCCOLI STIR-FRY WITH CAULIFLOWER RICE



## SAVEUR PRODUCT USED

WOK SPICE & SEASONED SALT

## SUBSTITUTIONS

Chicken, firm flesh white fish or tempeh can be substituted

**MAKE, TAKE & FREEZE**

— *with* —  
**SAVEUR**

## FREEZER WORKSHOP INGREDIENTS

**½ tsp. baking soda**

**1 tbsp. soy/tamari or coconut aminos**

**1 tsp. Saveur Wok Spice**

**½ tsp. Saveur Seasoned Salt**

**1 lb. (500g) beef, thinly sliced**

**3 cups broccoli florets**

**3 cups sliced vegetables of choice**

**(pepper, green beans, carrots, shallots)**

**1 tbsp. soy/tamari or coconut aminos**

**1 tsp. Saveur Wok Spice**

## PREPARATION INGREDIENTS

**½ head cauliflower**

**2 tbsp. ghee**

**¾ cup water**

**1 tsp. corn starch**

## METHOD

BAG 1 – In a medium zip-top bag, add baking soda, soy sauce, Wok Spice, and Seasoned Salt. Gently mix. Add beef strips, seal, shake to coat beef. (Note: This may fizz a little from the baking soda and will help to tenderize the beef.)

BAG 2 – In a large zip-top bag, place all vegetables, soy sauce, and Wok Spice. Shake to coat.

Place both bags into a large freezer bag. Label and place in your freezer.

## COOKING INSTRUCTIONS

Defrost completely in fridge overnight following safe thaw instructions.

Cut cauliflower into sections and steam. Once cooked, finely dice or pulse in food processor until it resembles rice. Place 1 tbsp. ghee in wok or large frying pan. Add beef mixture and cook until brown. Remove from pan. Place remaining 1 tbsp. ghee in pan and cook vegetables. Add ½ cup water and allow to simmer, stirring occasionally. Mix corn starch with ¼ cup cold water and slowly add to wok to thicken sauce. Toss beef with vegetables and serve over cauliflower rice.

