

Teriyaki Beef Mince Stir Fry



A cheap and easy one-pan take on teriyaki beef.

Ingredients

1 tsp cornstarch
500 g lean beef mince
1 brown onion, diced
2 cup frozen stir fry vegetables
2 tbsp salt reduced soy sauce
1/2 tsp ginger, grated
1 tsp honey
2 tsp mirin
1 tsp sesame oil
3 spring onions, chopped
6 cups brown rice, cooked
extra virgin olive oil for cooking

Method:

1. Make a cornstarch slurry by mixing the cornstarch with 3 tablespoons of water in a small bowl.
2. Heat a drizzle of olive oil in a heavy based frying pan over medium high heat, add the beef mince, breaking up the meat as you brown, then add onion. Cook for 5-6 minutes until fragrant then add the frozen vegetables, the soy sauce, ginger, mirin, honey, sesame oil. Cook for 2-3 minutes until the vegetables are tender then mix in the cornstarch slurry to thicken.
3. Garnish with spring onions on top and serve with brown rice.