



Professional[®]

Gravy




Features and Benefits:

- + Gluten Free
- + Prepare with any temperature water
- + Starch mixes rapidly into liquid
- + Ideal for cold plating/rethermalization
- + Vegan varieties are available
- + Low Calorie
- + Does not contain Soy or Sulphites
- + Low Sodium options are available

Ginger Beef Stir-Fry

With zesty ginger and a rich gravy stir-fry sauce, this succulent beef and vegetable stir-fry makes a satisfying lunch or dinner.

 **Hands On:** 20 minutes

 **Total Time:** 35 minutes

 **Ingredients for 12 servings**

1.64 oz (33 g) Dr. Oetker Beef Flavour Gravy Mix

1/4 cup (60 mL) Vegetable oil

4 onions cut into wedges

2 tbsp (30 mL) minced fresh ginger

4 cloves garlic minced

3 lb (1.4 kg) top sirloin beef steak, sliced into thin strips

6 cups (1.5 L) broccoli florets

2 cups (500 mL) red bell pepper strips

3 carrots thinly sliced

1/4 cup (60 mL) sodium-reduced soy sauce

6 cups (1.5 L) hot cooked rice

3/4 cup (175 mL) green onions, thinly sliced

2 tbsp (30 mL) toasted sesame seeds

- 1 In saucepan set over medium heat, combine 2 cups (500 mL) of water with gravy mix. Bring to simmer; whisk for 3 to 5 minutes or until thickened.
- 2 Heat oil in large skillet, wok or tilt fryer set over high heat; stir-fry onions, ginger and garlic for 1 to 2 minutes or until fragrant.
- 3 Add beef to skillet; stir-fry for 3 to 5 minutes or until beef starts to brown. Add broccoli, peppers and carrots; stir-fry for about 2 minutes or until vegetables are slightly softened.
- 4 Stir in 2 cups (500 mL) prepared gravy, 1 cup (250 mL) water and soy sauce; bring to boil. Reduce heat; simmer for about 5 minutes or until beef is just cooked through and vegetables are tender-crisp.
- 5 For each serving, serve 1/2 cup (125 mL) rice with 1 1/2 cups (375 mL) stir-fry mixture. Garnish with 1 tbsp (15 mL) green onions and 1/2 tsp (2 mL) sesame seeds.

Chef's Tip:

For spicy additions, serve with sriracha hot sauce or garnish with thinly sliced fresh chili pepper.



Recipe



ORDER CODE	GTIN	Product Name	PACK SIZE	Servings Per Case	Case Gr. Wt. (KG)
1-90-022154	10058336221542	Chicken Flavour Gravy Mix Mix	6 x 600 g	24 L	3.80
1-90-022204	10058336222044	Turkey Flavour Gravy Mix	6 x 600 g	24 L	3.80
1-90-022240	10058336222402	Beef Flavour Gravy Mix (Vegan)	6 x 520 g	24 L	3.30
1-90-022241	10058336222419	Brown Gravy Mix (Vegan)	6 x 480 g	24 L	3.10
1-90-022243	10058336222433	Low Sodium Beef Flavour Gravy Mix (Vegan)	6 x 500 g	24 L	3.20
1-90-022244	10058336222440	Low Sodium Brown Gravy Mix (Vegan)	6 x 440 g	24 L	2.80
1-90-022245	10058336222457	Low Sodium Chicken Flavour Gravy Mix (Vegan)	6 x 560 g	24 L	3.60
1-90-022246	10058336222464	Low Sodium Turkey Flavour Gravy Mix	6 x 560 g	24 L	3.60

