

# Ginger Beef & Mushroom

## INGREDIENTS

### Pickled carrots:

- ¼ cup sugar
- ¼ cup warm water
- ½ cup vinegar
- 2 large carrots, spiralized or sliced thinly (julienned)

### 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 gingerroot
- 1 lb (500 g) **Fast-fry Beef Steaks**

### Toppings:

- 1 tsp canola oil
- 2 cup sliced crimini mushrooms
- 4 large eggs
- 4 cups cooked soba or thin whole wheat noodles
- ½ cucumber, sliced thinly (julienned)
- 1 cup thinly sliced (julienned) daikon radish (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.
- **Beef satay:** In medium bowl, whisk together teriyaki sauce, soy sauce, sriracha, sesame oil, garlic and ginger. Cut each fast-fry beef steak into 1-inch thick strips and pour half of mixture over beef. Stir until evenly coated. **Reserve the remaining sauce to drizzle over the dish later.** Skewer beef onto 6-inch long metal skewers, or wooden skewers that have been soaked in water. Tightly thread 1 strip of beef onto each skewer (if strips are small, thread 2 or 3 strips onto a skewer). Heat a large frying pan to medium-high. Cook skewers in two batches for 2 minutes on each side.
- **Mushrooms:** In a medium skillet, heat oil on medium. Add mushrooms and a pinch of salt. Cook until fork tender, about 5 minutes, stirring frequently. Remove from heat.
- **Eggs:** Coat a nonstick skillet with cooking spray to make sure the egg doesn't stick. Heat pan over medium-low depending on your stove. Crack an egg into a bowl, one at a time, and drop the egg in the pan. Let the eggs cook until white is set and the corners begin to curl ever so slightly, about 3 to 4 minutes depending on your heat source. Slide the eggs onto a plate to avoid overcooking.
- **Assembly:** Divide cooked noodles evenly between 4 separate bowls. Top with mushrooms, pickled carrots, cucumber, beef skewers and lastly topped off with an egg. Drizzle each bowl with reserved sauce.

## Cooking 101

COOK-ALONG WITH

**THINKBEEF**.CA



## Shopping List

- |                 |                                   |
|-----------------|-----------------------------------|
| Sugar           | Fresh gingerroot                  |
| White vinegar   | 1 lb (500 g) Fast-fry Beef Steaks |
| 2 large carrots | Crimini mushrooms                 |
| Teriyaki sauce  | 4 eggs                            |
| Soy sauce       | Soba noodles or rice              |
| Sriracha sauce  | Daikon radish (optional)          |
| Sesame oil      |                                   |
| 2 cloves garlic |                                   |