

## Mongolian Beef Stir Fry with Coconut Rice



### Ingredients

- ¾ cup Uncooked brown rice
- ¾ cup Uncooked jasmine rice
- 1 can Aroy D coconut milk
- ~15-18 oz. Beef tenderloin (~5 servings)
- To coat beef Cornstarch
- 1 tbsp. Ginger, minced
- 4 cloves Garlic, minced
- 2 tbsp. Hoisin sauce
- 1 tbsp. Sesame oil
- ½ cup Low sodium soy sauce
- 3 Baby shanghai bok choy, roughly chopped
- 3 Large Kale leafs, roughly chopped
- To taste Salt and pepper

### Directions

1. Cook the rice:
  - a. Mix rice with 1 can coconut milk and 1 cup water.
  - b. Stir once and bring to a boil.
  - c. Once at a boil stir once again, reduce heat to low, cover and simmer for 30 min.
  - d. Remove from heat and let stand for 5 min (do not take lid off yet).
  - e. Remove the lid and fluff with fork.
2. While the rice is cooking: in a bowl coat the beef with cornstarch until just covered all around and season with salt and pepper.
3. In a large pan heat a drizzle of olive oil on medium-high heat. Fry the beef ~1-2 min per side then remove from the pan and set aside.
4. In the same pan on medium heat, add the ginger and garlic and cook until fragrant. Be careful not to burn the garlic.
5. Add the hoisin sauce, sesame oil, soy sauce and ½ cup of water. Bring to a simmer.
6. Add the bok choy and kale to the pan and cook until they begin to wilt.
7. Toss in the beef.
8. Serve on top of coconut rice.
9. Enjoy 😊