

# FIXATE RECIPES

## MONGOLIAN BEEF

Serves: 4 (approx. 1 cup each)

GF

Total Time: 30 min.

Prep Time: 18 min.

Cooking Time: 12 min.

### FOR SAUCE:

3 Tbsp. rice vinegar  
(or distilled white vinegar)  
3 Tbsp. light brown sugar  
¼ cup / 60 ml water  
3 Tbsp. reduced-sodium tamari soy sauce  
2 Tbsp. hoisin sauce (gluten-free)  
2 cloves garlic, finely chopped  
½ tsp. ground ginger  
¼ tsp. crushed red pepper flakes (optional)  
2 tsp. potato starch (combine with 2 tsp.  
water to make a slurry)  
2 cups / 200 g cooked cauliflower rice

### FOR MEAT:

1 lb. / 460 g raw top round (or sirloin) beef,  
thinly sliced  
3 Tbsp. potato starch  
1 Tbsp. + 1 tsp. neutral oil (like avocado oil)  
1 cup / 115 g sliced onion  
1 cup / 90 g sliced bell pepper  
56 unsalted peanuts

1. Make sauce by adding vinegar and brown sugar to a medium saucepan over medium-high heat. Bring to a gentle boil, stirring occasionally; reduce heat to low. Gently boil for 4 to 5 minutes, or until reduced to a thick syrup.
2. Add water, soy sauce, hoisin sauce, garlic, ground ginger, and red pepper flakes (if desired); stir to combine. Bring to a gentle boil; add potato starch slurry. Whisk to combine; gently boil, whisking frequently, for 1 minute, or until thickened. Set aside.
3. Make meat by adding beef and potato starch to a medium mixing bowl; toss to combine.
4. Heat oil in a large nonstick skillet over high heat just until wisps of smoke start to appear.
5. Add beef, onion, bell pepper, and peanuts; cook, stirring occasionally, for 5 to 6 minutes, or until beef is cooked through and vegetables are tender-crisp.
6. Add sauce; stir to coat. Divide cauliflower rice evenly among 4 serving bowls. Top with beef and sauce mixture.

### Nutritional Information (per serving):

Calories:	398	Cholesterol:	77 mg	Fiber:	4 g
Total Fat:	17 g	Sodium:	746 mg	Total Sugars:	15 g
Saturated Fat:	3 g	Carbohydrates:	30 g	Added Sugars:	9 g
				Protein:	33 g

### PORTION FIX Container Equivalents (per serving)

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Recipes containing the **GF** icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.