

Ginger beef rice bowl



SERVES
10

Ingredients

Quantities

	YRS 0-3	YRS 4-8	YRS 9+
Basmati rice	325g	405g	540g
Vegetable oil	19ml	24ml	32ml
Onion, chopped	230g	290g	385g
Beef mince (lean)	550g	690g	920g
Courgettes	150g	190g	250g
Carrots, grated	200g	250g	335g
Garlic, crushed	10g	13g	17g
Ginger, crushed	20g	25g	35g
Sesame oil	31ml	39ml	52ml
Hoisin sauce	40g	50g	65g
Soy sauce	15ml	19ml	25ml
Oyster sauce	25g	30g	40g
Brown sugar	18g	23g	30g
Baby spinach	50g	65g	85g
Sesame seeds	4g	5g	7g

Directions

1. Cook rice following packet instructions.
2. Heat oil in a large pot.
3. Add onion and mince to pot and cook over high heat, mixing and breaking apart regularly.
4. Cook until the liquid from mince has evaporated.
5. Grate courgettes.
6. Add courgette, carrot, garlic, ginger, sesame oil, hoisin sauce, soy sauce, oyster sauce and brown sugar to mince.
7. Cook until the vegetables are cooked, then add spinach and continue cooking until wilted, then remove from heat.
8. Heat a frying pan over medium heat and lightly cook the sesame seeds until golden brown then cool.
9. Serve ginger beef on a bed of rice with sesame seeds to garnish.



Ginger beef rice bowl continued...

Special diet substitution ideas

Vegetarian:

- Use tofu or vegan mince instead of mince. Use 20g more than the stated quantity of beef for each age group.

Vegan:

- Use tofu or vegan mince instead of mince. Use 20g more than the stated quantity of beef for each age group.

Gluten/wheat:

- Use gluten-free soy sauce, hoisin sauce, oyster sauce.

Halal:

- Use halal certified beef.

Soy:

- Use coconut aminos sauce instead of soy sauce, hoisin sauce and oyster sauce. Add Chinese 5-spice.

Sesame:

- Omit sesame oil and sesame seeds.

Seafood (mollusc):

- Omit oyster sauce

Portioning guidance

Weigh or measure reference plates for each meal size to visually guide your portioning.

	YRS 0-3	YRS 4-8	YRS 9+
Rice	88g	110g	146g
Beef mixture	107g	134g	180g

Nutrition standards

	YRS 0-3	YRS 4-8	YRS 9+
Total meal weight (g)	195	244	326
Vegetables (g)	61	76	101
Protein food (g)	33	41	55
Grain food and starchy vegetables (g)	88	110	146

Gilmours product information

PRODUCT DESCRIPTION	PACK SIZE
Pams rice basmati	5kg
Value canola oil	3L
SB onion diced	1kg
Kiwi To The Bone BF mince 85cl	1kg
Fresh Connection courgettes	1kg
Fresh Connection carrot grated	1kg
Gilmours garlic crushed in oil	1kg
Gilmours crushed ginger	1kg
Check blended sesame oil	5L
Lee Kum Kee hoisin sauce	2.27kg
Lee Kum Kee sauce soy premium	1.75L
Lee Kum Kee sauce oyster	2.35kg
Pams sugar brown	1kg
Gilmours salad baby spinach	0.5kg
Gilmours sesame seeds	0.5kg

Allergens



soy, sesame, gluten, wheat, molluscs.

Disclaimer: Check ingredient labels for specific allergens as products can change without notice and 'may contain' allergens not listed here.

Tips



- If large pots are not available, this can be cooked in large deep sided trays on the stove top. You will need plenty of space to mix through the vegetables.
- If courgettes are not available, use parsnips, pumpkin or more carrots.