

# Ingredients

- 4 green shallots
- 1 tbsp vegetable oil
- 500g Coles Beef 3 Star Mince
- 125ml (1/2 cup) teriyaki  
marinade
- 2 tsp cornflour
- 500g packet frozen stir-fry  
vegetable mix
- 450g packet microwave long-  
grain rice



## Directions

### Step 1

- Finely chop 2 shallots and slice the remaining into long thin strips.
- Place the long thin strips in a bowl of iced water to curl until needed.



## Step 2

- Heat the oil in a large deep frying pan or wok over high heat.
- Add the beef.
- Cook, using a wooden spoon to break up any lumps, for 5 minutes.
- Combine the teriyaki marinade and cornflour in a small bowl until smooth.
- Add to the beef and stir to combine.
- Add the vegetables.
- Cover and cook, stirring occasionally, for 5 minutes or until the vegetables are heated through.

## Step 3

- Warm the rice following packet directions.
- Add the chopped shallot and toss to combine.
- Drain the curled shallot.
- Divide the rice mixture among serving bowls and spoon over the teriyaki beef.
- Top with the shallot curls to serve.

