

“Give me
a Mandy
Mum!”



Kim McCosker
Co-founder of 4 Ingredients

AUSSIE MANDARIN THAI BEEF SALAD

SERVES 4

INGREDIENTS

1 Aussie Mandarin zest and segment

3 tbs olive oil

**2 tbs Gourmet Garden
Thai blend**

500g beef strips

METHOD

Take 1 tbs Aussie Mandarin zest and 2 tbs of juice from the Aussie Mandarin.

Place any remaining segments aside. Whisk Aussie Mandarin zest, juice, 2 tbs olive oil and Thai blend together. In a wok or frying pan heat 1 tbs oil and add beef. Stir fry ingredients until the beef has browned. Pour sauce over the browned beef and mix together until evenly coated.

PLATING

Serve on a bed of rice or stack of mixed salad leaves, drizzled with remaining juice and topped with mandarin segments.



Aussie Mandarins