



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### PRODUCT SPOTLIGHT: BASMATI RICE

Basmati rice is fluffy, light and aromatic — in fact, the word “basmati” comes from the Sanskrit word “vasmati” which means “fragrant” or “aromatic.” In other words, it’s perfect with this Asian beef dish!



## 2. ASIAN BEEF BOWLS

Savoury beef mince, crunchy veggie toppings, and tender rice make for these wholesome and satisfying bowls, perfect for weeknights and weekends alike.

 30 Minutes

 4 Servings

25 May 2020



## FROM YOUR BOX

BASMATI RICE	300g
BEEF MINCE	600g
GARLIC CLOVES	2
GINGER	40g
SPRING ONIONS	1/2 bunch *
BABY SPINACH	1/2 bag (100g) *
CARROT	1
CONTINENTAL CUCUMBER	1/2 *
BEAN SHOOTS	1 packet (250g)
PEANUT-SESAME SEED MIX	1 packet (50g)

\* Ingredient also used in another recipe

## FROM YOUR PANTRY

sesame oil, soy sauce, sweet chilli sauce, rice or red wine vinegar

## KEY UTENSILS

saucepan, wok or large frypan

## NOTES

Use the rice tub to easily measure water.

Grate or finely dice carrot and add to mince if preferred.

Sliced fresh chilli would be a great addition to this dish.

**No beef option - beef mince is replaced with chicken mince.** Add 1 tbsp oil when frying in step 2.



### 1. COOK THE RICE

Place rice in a saucepan, cover with 1.5 x amount of water (see notes). Cover with a lid, cook over low heat for 10-15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



### 2. COOK THE MINCE

Heat a large pan over medium-high heat. Add beef mince (see notes) and cook for 5-6 minutes, breaking apart with a spatula, until browned.



### 3. ADD THE AROMATICS

Crush garlic, grate ginger and slice spring onions (keep some green tops for garnish). Add all to pan with **2 tbsp sesame oil**. Cook for 2-3 minutes.



### 4. SEASON THE MINCE

Add spinach to pan and cook for further 2 minutes, then add **1 tbsp soy sauce, 1/2 tbsp vinegar and 1 tbsp sweet chilli sauce**.



### 5. PREPARE THE TOPPINGS

Julienne carrot, peel cucumber into ribbons. Arrange on a plate with bean shoots and peanut-sesame mix.



### 6. FINISH AND PLATE

Serve rice and mince in bowls. Bring toppings (and extra **soy and sweet chilli sauce** if desired) to the table for everyone to assemble their own bowl (see notes).