



FOR the little ones

Steamed CARROT

CRUNCHY Veg

Beef MeatBALLS & Rice

# Cashew Beef

Quick and delicious! Stir-fried beef served over rice with fresh crunchy veggies and cashew nuts.

20 Minutes

2 Servings

Beef

Per serve :	PROTEIN	TOTAL FAT	CARBOHYDRATES
	46g	41g	98g

## FROM YOUR BOX

BASMATI RICE	150g
GINGER	1 piece
LIME	1
CARROT	1
LEBANESE CUCUMBER	1
RED CAPSICUM	1
BEEF MINCE	300g
BROWN ONION	1
CASHEW NUTS	1 packet

## FROM YOUR PANTRY

sesame oil (or other), salt, pepper, sugar of choice, soy sauce

## COOKING TOOLS

saucepan or rice cooker, frypan

Make meatballs if your family prefers! This is also delicious served over noodles.

### Before you start cooking!

Rinse your veggies and lay out all your ingredients, utensils and cooking equipment, such as pans, chopping board and knife.



### 1. COOK the Rice

Place **rice** in a saucepan, cover with **300ml water**. Bring to a boil, cover with a lid and reduce heat to medium-low. Cook for 10-15 minutes or until water is absorbed.

**tip** Use a rice cooker if you have one!



### 2. Make the Sauce

Peel and grate **ginger**, **zest 1/2 lime**. Combine with **juice from 1/2 lime**, **3 tsp sugar**, **2 tbsp soy sauce**, **3 tbsp water** and **1 tbsp sesame oil**.

**tip** We used brown sugar but you can use raw sugar, honey or maple syrup!



### 3. PREPARE the Vegetables

Julienne or grate **carrot**, dice **cucumber** and **capsicum**. Arrange on a serving plate with **remaining lime** cut into wedges. Take to the table.

**tip** You can stir-fry the carrots and capsicum with the beef if you prefer!



### 4. BROWN the Beef

Heat a frypan with **oil** over medium-high heat. Add **mince** and cook for 5 minutes while breaking up any lumps with a spatula. Peel, dice and add **onion** to pan, cook for a further 3-4 minutes.



### 5. FINISH the Beef

Stir in **2 tbsp prepared sauce** and cook for a further 3 minutes. Adjust seasoning to taste with **salt and pepper** if needed.

**tip** You can add all the sauce here if you prefer it warm!



### 6. FINISH AND SERVE

Serve **beef** over **rice** topped with **cashew nuts**, crunchy **vegetables** and a **lime wedge**. Spoon over **sauce** to taste.