DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Cashew Beef

Gingery soy beef over fluffy basmati rice with a crunchy rainbow of carrot, cucumber and capsicum, finished with cashews and a squeeze of lime.

20 Minutes | 2 Servings | Beef

Per serve :	PROTEIN	TOTAL FAT	CARBOHYDRATES
	41g	30g	89g

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	60g

FROM YOUR PANTRY

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

COOKING TOOLS

saucepan or rice cooker, frypan

Prefer meatballs? Roll the mince into small balls and brown in the frypan for 8-10 minutes, turning until cooked through, then stir through the prepared sauce. Also great served over noodles.

Before you start cooking!
Wash your veggies and set out all ingredients, 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 carrot 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 the pan and 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.