

B4

DINNER TWIST
LOCAL, HEALTHY, DELIVEREDfor the
little onesVeggie
SticksSushi Rice & Beef
'MeatBALLS'

Beef Mince Stir-fry



30 Minutes



4 Servings



Beef

Crispy beef mince served with sticky rice and stir-fried rainbow veggies finished with a sprinkle of sesame seeds.

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FROM YOUR BOX

SUSHI RICE	300g
BROWN ONION	1
CARROTS	2
RED CAPSICUM	1
SNOW PEAS	150g
GARLIC CLOVE	1
BEEF MINCE	600g
MIXED SESAME SEEDS	10g

FROM YOUR PANTRY

sesame oil, soy sauce, sugar (brown or other), white wine vinegar

COOKING TOOLS

saucepan, large frypan or wok

Use the beef mince to make meatballs if you prefer!

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

Rinse sushi rice and place in a saucepan with **650ml water**. Bring to a boil, then reduce the heat to medium-low. Cover and cook for 20 minutes, until rice is tender and water absorbed. Fluff with a fork.

tip Use a rice cooker if you have one!



4. STIR-FRY the Veggies

Heat a large frypan or wok with **sesame oil** over high heat. Add carrot, onion and capsicum. Cook for 2-3 minutes, crush in garlic and add snow peas. Cook for a further 1 minute then set aside in a serving bowl. Keep pan over high heat.



2. PREPARE the Veggies

Peel and wedge onion, thinly slice carrots and cut capsicum into sticks or pieces. Trim and halve snow peas. Set aside, keep separate.

tip You can set aside some veggies to eat fresh as a side for the kids!



5. STIR-FRY the Beef

Add more **oil** to pan if needed. Add beef mince to brown. Break up with a spatula, leaving some bite-sized chunks (if you like). Cook for 5 minutes or until browned. Stir in sauce and cook for 2 minutes. Take off heat.



3. Make the Sauce

Combine **2 tbsp sugar**, **2 tbsp vinegar**, **2 tbsp sesame oil** and **1/3 cup soy sauce** in a bowl.



6. FINISH AND SERVE

Serve rice in shallow bowls with stir-fried veggies, beef and pan-sauces!. Sprinkle with sesame seeds to taste.