



FOR the
Little ones



Beef MeatBALLS &
Rice



Cashew Beef

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

 20 Minutes

 4/6 Servings

 Beef

	PROTEIN	TOTAL FAT	CARBOHYDRATES
Per serve	42g/56g	32g/46g	95g/130g
4/6 person:			

FROM YOUR BOX

	4 PERSON	6 PERSON
BASMATI RICE	300g	300g + 150g
GINGER	1 piece	1 piece
LIME	1	2
CARROTS	2	3
LEBANESE CUCUMBERS	2	3
RED CAPSICUM	1	2
BEEF MINCE	600g	600g + 300g
BROWN ONION	1	1
CASHEW NUTS	60g	2 x 60g

FROM YOUR PANTRY

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

COOKING TOOLS

saucepan or rice cooker, large 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 **600ml 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.

6P - cover rice with 900ml water.



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.



2. Make the Sauce

Peel and grate **ginger**, **zest lime**. Combine with **juice from 1/2 lime**, **1 tbsp sugar**, **3 tbsp soy sauce**, **4 tbsp water** and **1 tbsp sesame oil**.

6P - combine zest and juice from 1 lime, 2 tbsp sugar, 5 tbsp soy sauce, 1/2 cup water and 2 tbsp sesame oil.



5. FINISH the Beef

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

6P - stir in 4-5 tbsp prepared sauce.

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



3. PREPARE the Vegetables

Julienne or grate **carrots**, dice **cucumbers** 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!



6. FINISH AND SERVE

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