

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 | 4/6 Servings | Beef

Per serve 4/6 person:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	38g/39g	27g/30g	82g/86g

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

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 **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.



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.



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!*



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 **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!*



6. FINISH and SERVE

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