DINNER TWIST
LOCAL, HEALTHY, DELIVERED

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 cashews.

🕒 20 Minutes   🍴 4 SeRVingS   🫘 Beef

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FROM YOUR BOX

BASMATI RICE	300g
GINGER	1 piece
LIME	1
CARROTS	2
LEBANESE CUCUMBERS	2
RED CAPSICUM	1
BEEF MINCE	600g
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, 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 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 lime. Combine with juice from 1/2 lime, **1 tbsp sugar, 3 tbsp soy sauce, 4 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 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 beef 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 3 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.