



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: BROWN RICE

What's the difference between brown and white rice? When the first outer layer, husk of rice is removed, you get brown rice. When you further mill it and remove bran and germ layer, then polish it, you get white rice.



3. BEEF BIBIMBAP BOWL

WITH CUCUMBER PICKLE

 30 Minutes

 4 Servings

Bibimbap is originally a Korean dish and means "mixed rice". The bowls are assembled at the table with delicious beef strips, brown rice and lots of quickly stir-fried veggies.

PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
50g	17g	65g

11 May 2020

FROM YOUR BOX

BROWN RICE	300g
CONTINENTAL CUCUMBER	1
SESAME SEEDS	1/2 packet (15g) *
SPRING ONIONS	1/2 bunch *
CARROTS	2
BEAN SHOOTS	1 bag
BEEF STRIPS	600g

* Ingredient also used in another recipe

FROM YOUR PANTRY

salt, pepper, sesame oil, soy sauce (or tamari), rice wine vinegar, sugar (of choice)

KEY UTENSILS

saucepan, frypan

NOTES

Add a crushed garlic clove or some chilli flakes to the dressing for some heat if desired. Use coconut, palm or brown sugar in the dressing so it dissolves quicker.

No beef option - beef strips are replaced with chicken strips. Increase cooking time to 6-8 minutes or until cooked through.



1. COOK THE RICE

Place rice in a saucepan and cover with water. Bring to the boil and simmer for 15-20 minutes, or until tender. Drain and rinse.



2. PICKLE THE CUCUMBER

Ribbon cucumber using a vegetable peeler. Toss with sesame seeds, **1 tbsp vinegar, 1 tsp sugar** and a pinch of **salt**.



3. PREPARE THE DRESSING

Combine **2 tbsp sesame oil, 2 tbsp soy sauce, 1 tbsp vinegar** and **2 tsp sugar** in a bowl (see notes). Set aside.



4. COOK THE VEGETABLES

Slice spring onions into 4cm lengths and carrots into matchsticks. Cook separately in a frypan over medium-high heat with **sesame oil**. Season with **salt and pepper**. Repeat with bean shoots and set aside.



5. COOK THE BEEF

Increase pan heat to high. Coat beef strips with **2 tsp sesame oil** and **2 tsp soy sauce**. Cook in pan for 1-2 minutes until browned.



6. FINISH AND PLATE

Divide rice among bowls. Top with even amounts of vegetables and beef. Spoon over dressing. Squeeze out excess liquid from pickle and divide over top.