



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Cashews

Cashews are the seeds of the cashew apple, the fruit of the cashew tree. Unlike other nuts, they grow outside the fruit, not inside it!



3 Beef and Cashew Stir-Fry with Rice

This better-than-takeaway stir fry has fresh seasonal veggies, tender beef strips and crunchy cashews on the ingredient list. Yum!



30 minutes



2 servings



Beef

22 June 2020

Get the little ones to help!

Invite the kids to help out with this one! Slicing the spring onion, carrot, capsicum and wombok is a fun task for kids old enough to handle a knife, while younger ones can help season and plate up the meal.

FROM YOUR BOX

BASMATI RICE	150g
SPRING ONIONS	2
GINGER	40g
GARLIC CLOVE	1
CARROT	1
RED CAPSICUM	1/2 *
BABY WOMBOK	1/2 *
CASHEW NUTS	1/2 packet (40g) *
BEEF STIR-FRY STRIPS	300g

**Ingredient also used in another recipe*

FROM YOUR PANTRY

sesame oil, pepper, soy sauce, sweet chilli sauce, red wine vinegar

KEY UTENSILS

saucepan, large frypan or wok

NOTES

Use rice tub to easily measure water.

Freeze remaining ginger for later use, or use to make herbal tea!

You can add a splash of water when stir-frying the veggies to keep them from sticking to the pan/wok. Plus, the steam will shorten the cooking time!

Serve with fresh chilli or chilli flakes if you like it spicy!

No beef option – beef strips are replaced with chicken stir-fry strips.



1. COOK THE RICE

Place rice in a saucepan and cover with 1.5 x amount of water (see notes). Cover with lid, cook over low heat for 10-15 minutes. Remove from heat, let stand 5 minutes. Stir carefully with a fork.



2. PREPARE THE AROMATICS

Slice the spring onions (keep some green tops for garnish), grate ginger to yield 1 tbsp (see notes) and crush garlic.

Mix **1 tbsp soy sauce, 1 tbsp sweet chilli sauce and 1/2 tbsp vinegar** in a bowl.



3. PREPARE THE VEGETABLES

Slice the carrot into crescents, the capsicum into strips and roughly chop the wombok.

Chop the cashews and keep separate.



4. COOK THE BEEF STRIPS

Heat a large frypan or wok over high heat. Toss the beef strips with **1 tbsp sesame oil and pepper**, cook in batches until browned, then remove from pan.

Add **1/2 tbsp sesame oil** to pan, and cook spring onion, garlic and ginger for 1 minute.



5. ADD THE VEGETABLES

Add chopped vegetables to the pan, cook for 3-4 minutes (see notes).

Add sauce, cashews and beef (along with any resting juices) to pan. Cook further 1-2 minutes and season with **soy sauce and pepper**.



6. FINISH AND PLATE

Serve rice and stir-fry in bowls and top with reserved spring onion tops (see notes).

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

