



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Beef

In the old Wild West, cowboys loved a good beef meal — especially a stew that would fill them up and fuel their day! They also snacked on dried beef (jerky) for a protein-rich pick-me-up.



## 3 Cowboy Beef Stew with Rice

Howdy y'all, saddle your horses and put on a flanno; it's time for cowboy stew! Hearty beef, green beans and rice meets fresh, colourful veggies for a meal the entire family will love. Yeehaaw!



30 minutes



2 servings



Beef

6 July 2020

## Dress up

Who says dress-up time is for halloween only? Challenge the kids to put together their most cowboy-like outfit while you're cooking dinner! Then, put on some good ol' country music and a bonfire video on Netflix or youtube for a ranch experience from home. Giddy-up!



## FROM YOUR BOX

BASMATI RICE	150g
BEEF MINCE	300g
SPRING ONIONS	1/4 bunch *
CORIANDER	1 packet
SALSA	1 jar
RED CAPSICUM	1
GREEN BEANS	1/2 bag (75g) *
CHERRY TOMATOES	1/2 bag (100g) *
RED CABBAGE	1/2 bag (100g) *
GRATED CHEESE	1/2 packet (100g) *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

olive oil, salt, pepper, ground cumin, red wine vinegar

## KEY UTENSILS

saucepan, large frypan

## NOTES

Use the rice tub to easily measure right amount of water.

If someone in the family doesn't like coriander, serve it on the side instead of mixing with the slaw.

**No beef option – beef mince is replaced with chicken mince.** Cook according to recipe adding 1 tbsp oil at step 2.



### 1. COOK THE RICE

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



### 2. BROWN THE MINCE

Heat a large frypan over high heat. Add mince and cook, breaking up with a spatula, for 5 minutes until browned.



### 3. ADD THE VEGETABLES

Slice and add spring onions with **1/2 tbsp cumin** and chopped coriander stalks (keep leaves for slaw). Cook for 4-5 minutes, then add salsa, sliced capsicum and beans. Cover and simmer for 10 minutes.



### 4. MAKE THE SLAW

Quarter tomatoes and roughly chop coriander leaves (save some for garnish). Add to bowl with cabbage and dress with **1 tbsp olive oil, 1/2 tbsp vinegar, salt and pepper.**



### 5. FINISH AND PLATE

Season stew with **salt and pepper.**

Divide rice between bowls. Top with stew, a sprinkle of cheese and any reserved coriander. Serve slaw on the side.

**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**

