

**Product Spotlight:**
Pear

Pears are best eaten with their skin on; it contains an abundance of beneficial nutrients!



Sticky Sesame Beef

with Sushi Rice

Beef stir fry strips pan-fried with sesame seeds, tossed in a family-friendly Korean BBQ sauce, served over sushi rice with a fresh pear and kale coleslaw.



25 minutes



2 servings



Beef

Spice it up!

To spice it up, serve this dish with your favourite hot sauce, a sprinkle of dried chilli flakes or slices of fresh red chilli!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	39g	28g	54g

FROM YOUR BOX

SUSHI RICE	150g
PEAR	1
KALE COLESLAW	1 bag
BEEF STIR FRY STRIPS	300g
BROWN ONION	1
KOREAN BBQ SAUCE	1 sachet
SESAME SEEDS	10g

FROM YOUR PANTRY

sesame oil, salt, pepper, white wine vinegar, honey

KEY UTENSILS

large frypan, saucepan

NOTES

To sweeten up the sticky beef, add 1-2 tsp honey or sweetener of choice.

Garnish with thinly slice chives, chopped peanuts, or fried shallots.



1. COOK THE RICE

Rinse **sushi rice**. Place in a saucepan with **350ml water**. Cover and bring to a boil. Reduce heat immediately to medium-low. Cook, semi-covered, for 20 minutes until rice is tender and water is absorbed.



2. MAKE THE DRESSING

Add **2 tbsp sesame oil**, **1 tbsp vinegar**, **1 tsp honey** and **1 1/2 tbsp water** to a large bowl. Whisk to combine.



3. TOSS THE SALAD

Slice **pear**. Add to the dressing along with **coleslaw**. Toss to combine.



4. COOK THE BEEF

Heat a large frypan over high heat with **oil**. In batches, add **beef strips** to pan and cook, tossing, for 2 minutes until browned. Remove from pan and reduce to medium-high heat for step 5.



5. COOK THE ONION

Slice **onion** and add to pan along with extra **oil** as necessary. Sauté for 3-5 minutes until softened. Remove from heat. Add **Korean BBQ sauce**, **1/3 cup water**, **sauce**, **sesame seeds** and beef. Toss to combine. Season to taste with **salt and pepper** (see notes).



6. FINISH AND SERVE

Divide rice among shallow bowls. Top with sticky sesame beef and salad (see notes).



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