

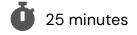




Sticky Sesame Beef

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.





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!

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

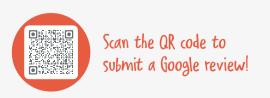
KEY UTENSILS

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, 1tsp honey and 11/2 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 mediumhigh 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).

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



