

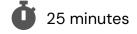




# Sticky Sesame Beef

## 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.





4 servings



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	300g
PEARS	2
KALE COLESLAW	1 bag
BEEF STIR FRY STRIPS	600g
BROWN ONION	1
KOREAN BBQ SAUCE	2 sachets
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 **650ml 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 **3 tbsp sesame oil**, **11/2 tbsp vinegar**, **1 1/2 tsp honey** and **2 tbsp water** to a large bowl. Whisk to combine.



#### 3. TOSS THE SALAD

Slice **pears**. 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, 1/2 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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