



Product Spotlight: Pear

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



Sticky Sesame Beef with Jasmine Rice

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



30 minutes



4/6 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
4/6 Person:	39g	22g	96g/86g

FROM YOUR BOX

	4 PERSON	6 PERSON
JASMINE RICE	300g	300g + 150g
PEARS	2	3
KALE COLESLAW	1 bag	2 bags
BEEF STIR FRY STRIPS	600g	600g + 300g
BROWN ONION	1	1
KOREAN BBQ SAUCE	2 sachets	3 sachets
SESAME SEEDS	10g	2 x 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 **jasmine rice**. Place in a saucepan with **550ml 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.

6P - cover rice with 825ml water.



2. MAKE THE DRESSING

Add **3 tbsp sesame oil**, **1 1/2 tbsp vinegar**, **1 1/2 tsp honey** and **2 tbsp water** to a large bowl. Whisk to combine.

6P - add **4 tbsp sesame oil**, **2 tbsp vinegar**, **2 tsp honey** and **2 1/2 tbsp water** to a large bowl.



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 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**, **1/2 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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