



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Dirty Clean Food

The beef in this dish is from WA-based Dirty Clean Food. It's free-range, grass-fed, and packed in compostable packaging. (That's right, even though the bag feels like plastic, it's not!)

**DIRTY
CLEAN
FOOD**

3 Five Spice Beef Stir-Fry

Better-than-takeaway beef stir-fry with 100% grass-fed beef strips and colourful veggies served on a bed of basmati rice.

 25 minutes

 4 servings

 Beef

30 April 2021

No five spice?

Whether you don't like Chinese five spice or don't have any in your pantry, no need to worry! You can replace it in this dish with ground coriander, ginger, cumin, or extra crushed garlic.

FROM YOUR BOX

BASMATI RICE	300g
BEEF STRIPS	600g
GARLIC CLOVES	2
SPRING ONIONS	1/2 bunch *
CARROT	1
BROCCOLI	1
COLESLAW	1/2 bag (250g) *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking (see notes), pepper, soy sauce, sweet chilli sauce, Chinese five spice, cornflour

KEY UTENSILS

large frypan or wok, saucepan

NOTES

We used sesame oil for extra flavour.

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

Feel free to add any garnishes you'd like, such as fresh coriander, fresh mint, crushed peanuts, fried shallots or chopped cashew nuts.

No beef option – beef strips are replaced with **chicken strips**. Increase cooking time to 4–5 minutes on each side or until cooked through.



1. COOK THE RICE

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



2. MARINATE THE BEEF

Combine **2 tsp Chinese five spice**, **1 tbsp soy sauce**, **1 tbsp cornflour** and **pepper** in a large bowl. Add beef strips and mix well.



3. PREPARE SAUCE AND VEG

Crush garlic and combine in a bowl with **3 tbsp soy sauce**, **3 tbsp sweet chilli sauce** and **2 cups water**.

Slice spring onions (keep some green tops for garnish) and carrot. Cut broccoli into small florets.



4. COOK THE BEEF

Heat a frypan with **oil** over high heat. Add beef (in batches) and cook for 2–3 minutes. Remove to a plate. Reduce heat to medium-high.



5. COOK THE STIR-FRY

Add **2 tbsp oil** to the pan with the prepared vegetables and coleslaw. Cook for 3–5 minutes until just tender. Return beef and pour in sauce. Simmer for 5 minutes until sauce has thickened. Season with **pepper and soy sauce**.



6. FINISH AND PLATE

Divide rice among bowls and spoon over stir-fry. Garnish with reserved spring onion tops (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**

