



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Almonds


Almonds are full of healthy fats – but that's not all! They also boast a wonderful crunchy texture, making them a great addition to this beef & rice salad.



## 3 Rainbow Rice Salad with Mini Steaks

A colourful salad full of rice, flavour and nutrients, enjoyed with tender WA steaks and toasted almonds.

 30 minutes

 4 servings

 Beef

25 January 2021

## Weeknight picnic

*Make the salad ahead (for example on the day before). And when it's time to eat head to the beach or the park and cook the steaks on a barbecue to enjoy a simple weeknight picnic.*



## FROM YOUR BOX

BASMATI RICE	300g
MINT	1 bunch
BROWN ONION	1
BROCCOLI	1
BEEF STEAKS	600g
CARROT	1
TOMATOES	2
ALMONDS	1/2 packet (40g) *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

olive oil, oil for cooking, pepper, soy sauce, 2 garlic cloves, white wine vinegar, sweet chilli sauce

## KEY UTENSILS

frypan, saucepan

## NOTES

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

If you prefer, cook the steaks without halving them first. Let rest, then slice and serve on top of (or mixed into) the rice salad.

**No beef option – beef steaks are replaced with chicken schnitzels.** 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. MAKE THE DRESSING

Slice mint to yield 1/4–1/2 cup (to taste) and whisk together with **3 tbsp olive oil, 2 tbsp vinegar, 2 tbsp soy sauce and 2 tbsp sweet chilli sauce.**



### 3. COOK THE ONION

Heat a frypan with **oil** over medium heat. Slice and add onion, cook for 5 minutes. Crush and add **1 clove** of garlic. Cut broccoli into small florets and add to pan with **1/2 cup water.** Cook for 2–3 minutes until broccoli is just tender. Tip into a large bowl.



### 4. COOK THE STEAKS

Halve the steaks (see notes). Crush remaining **garlic** and rub onto steaks with **oil, 1/2 tbsp soy sauce and pepper.** Reheat frypan over medium–high heat and cook steaks for 2–4 minutes each side or until cooked to your liking.



### 5. FINISH THE SALAD

Julienne (or grate) carrot and dice tomatoes. Add into the large bowl along with rice and dressing and toss to combine.



### 6. FINISH AND PLATE

Roughly chop almonds (toast in a dry frypan if you prefer).  
Serve steaks with rice salad and sprinkle over almonds.

**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**

