



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Basmati Rice

Basmati rice is a small but long grained, aromatic rice ('basmati' means fragrant). It is of Southeast Asian origin and has been cultivated for over 8000 years.



3 Satay Beef Scallopini with Rice and Vegetable Sticks

Tasty cashew satay sauce makes this a very quick and easy dinner. Beef scallopini, onion and green beans cooked in satay sauce and served with rice. Crunchy carrot and capsicum sticks on the side.

 25 minutes

 4 servings

 Beef

26 November 2021

Make it creamy!

Add a small can of coconut milk to the frypan at step 4 for a creamier satay.

FROM YOUR BOX

BASMATI RICE	300g
CARROTS	2
RED CAPSICUM	1
RED ONION	1
GREEN BEANS	1 bag (250g)
BEEF SCALLOPINI	500g
CASHEW SATAY SAUCE	1 bottle (250ml)

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

large frypan, saucepan

NOTES

You can add the carrot and capsicum into the pan as well if you prefer.

Soy sauce would also be a good option to season.

No beef option – beef scallopini are replaced with **chicken strips**. Skip step 3. Add to pan at step 4. Cook for 2–3 minutes, then add onion and beans.



1. COOK THE RICE

Place rice in a saucepan, cover with 1.5 x amount of water. Cover with a lid, cook on lowest heat for 10–15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



2. PREPARE VEGETABLES

Cut carrots and capsicum into sticks, keep separate. Thinly slice onion and cut beans into 3 cm lengths.



3. COOK THE SCALLOPINI

Heat a large frypan over high heat. Rub scallopini with **oil, salt and pepper**. Cook, in batches, for 1 minute on each side, or until browned and cooked to your liking. Remove to a plate. Reduce heat to medium-high.



4. COOK THE VEGETABLES

Add **1 tbsp oil** to frypan. Cook onion and beans for 3–4 minutes until just tender (see notes). Pour in satay sauce and **1 cup water**. Bring to a simmer.



5. RETURN THE BEEF

Slice scallopini into bite size pieces. Add to pan and mix through vegetables and sauce. Season to taste with **salt** (see notes) and **pepper**.



6. FINISH AND SERVE

Divide rice between plates and top with satay beef and vegetables. Serve fresh vegetable sticks on the side.

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

