



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Orange

The largest orange ever grown had a circumference of 63.5cm! For comparison, the average circumference of a grown man's head is around 59cm.



3 Soy and Orange Beef Strips with Rice and Veggies

A fragrant soy and orange sauce, tender beef strips, soft basmati rice and colourful stir-fried veggies. Simple, quick and delicious.

 25 minutes

 4 servings

 Beef

16 November 2020

Fried rice

For a fried-rice-style dinner, you can dice the carrot instead of slicing it. Then, after finishing step 5, add the rice to the frypan/wok and stir-fry for another minute. You can add other ingredients as you desire, such as pineapple, peas or water chestnuts.

FROM YOUR BOX

BASMATI RICE	300g
SPRING ONIONS	1/2 bunch *
BABY WOMBOK	1/2 *
CARROT	1
GARLIC CLOVES	2
GINGER	1 piece
ORANGE	1
BEEF STRIPS	600g
BEAN SHOOTS	1 packet (250g)
SESAME SEEDS & FRIED SHALLOTS	1 packet (40g)

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking (we used sesame), cornflour (or rice/potato flour), soy sauce, honey, pepper

KEY UTENSILS

large frypan or wok, saucepan

NOTES

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

For extra flavour, add 1-2 tsp orange zest to the sauce.

No beef option – beef strips are replaced with chicken strips.



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 for 5 minutes. Stir carefully with a fork.



2. PREPARE THE VEGGIES

Slice spring onions (keep some green tops for garnish), wombok and carrot. Crush garlic and grate ginger to yield 1 tbsp.



3. MAKE THE SAUCE

Mix juice from the orange with **2 tbsp soy sauce, 1 tbsp oil, 1 tbsp honey, 1 tbsp cornflour and 1/2 cup water** (see notes).



4. COOK THE BEEF

Heat a large frypan or wok with **oil** over high heat. Toss beef strips with **1 tbsp cornflour** and cook in batches for 1-2 minutes (add more oil if necessary). Remove to a plate.



5. COOK THE VEGGIES

Reheat pan with **2 tbsp oil**. Add veggies, garlic and ginger. Cook for 2-3 minutes until just tender. Add sauce, 1/2 the bean shoots and cooked beef. Cook for a further 2-3 minutes until sauce has thickened. Season with **pepper and extra soy sauce**.



6. FINISH AND PLATE

Divide rice and beef among bowls. Top with extra bean shoots, sesame/shallot mix and any reserved spring onion tops.

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**

