



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Asparagus

Caesar Augustus, the emperor of the Roman Empire from 27BC until 14AD LOVED asparagus. So much that he made elite military personnel grow it for him and hired the fastest runners in the empire to source fresh spears for him all the way from the Alps.



3 Sticky Beef Stir-Fry with Asparagus

A fantastic ginger-garlic-soy sauce, tender WA beef strips and wholesome, nutritious stir-fried veggies served on rice. Yes please!

 30 minutes

 4 servings

 Beef

12 October 2020

Separate meat & veg

Instead of mixing together cooked beef strips and veggies, keep them apart for fussy eaters. You can also keep the carrots fresh and cut into sticks to serve on the side.

FROM YOUR BOX

BASMATI RICE	300g
GARLIC CLOVES	2
GINGER	1 piece
BEEF STRIPS	600g
BROWN ONION	1
CARROTS	2
ASPARAGUS	2 bunches
SUGAR SNAP PEAS	1/2 packet (125g) *
ROASTED SALTED CASHEWS	1/2 packet (50g) *

*Ingredient also used in another recipe

FROM YOUR PANTRY

oil (for cooking), soy sauce, honey, pepper, red wine vinegar

KEY UTENSILS

large frypan or wok, saucepan

NOTES

Use the rice tub to easily measure the water.

For extra flavour, add a teaspoon of your favourite chilli sauce (e.g. sambal oelek) to the sauce. You can also add 1 tsp Chinese 5 spice. We used olive oil but you can also use sesame oil or a neutral-flavoured oil.

Leave the sugar snap peas fresh and serve on the top with the cashews

No beef option – beef strips are replaced with chicken strips. Cook as per recipe or until strips are 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 SAUCE

Crush garlic and grate ginger to yield 1 tbsp. Mix with **3 tbsp soy sauce, 1 tbsp vinegar, 2 tbsp oil, and 1 tbsp honey** (see notes).

Place beef strips into a bowl and mix with 2 tbsp sauce. Keep aside.



3. PREPARE THE VEGGIES

Slice onion. Halve and slice carrots. Trim and halve asparagus and sugar snap peas (see notes).

Roughly chop cashews and keep separate.



4. COOK THE BEEF

Heat a frypan/wok to high heat. Cook beef strips in batches for 2–3 minutes until just cooked. Remove to a plate.



5. COOK THE VEGETABLES

Re-heat pan with **oil** over high heat. Add onion and carrots, cook for 2–3 minutes. Add remaining vegetables and cook for a further 2 minutes. Return beef and remaining sauce, stir to combine and heat through.



6. FINISH AND PLATE

Season stir-fry to taste with extra **soy sauce and pepper**.

Divide rice amongst bowls, spoon over stir-fried beef and vegetables. Top with chopped cashews.

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

