



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Carrot

The humble carrot is a superhero in the kitchen. Grate it, dice it, chop it, or keep it whole. Fry it, boil it, steam it, bake it, or eat it raw. The options are endless!



3 Summer Beef Bowl With Crunchy Veggies

Fragrant basmati rice, fried beef mince and crunchy veggies on the side!
Quick, easy, delicious and good for ya!

 25 minutes

 4 servings

 Beef

30 November 2020

Beef fried rice

You can slice the carrot, snow peas and spring onion and stir-fry along with beef mince, a dash of soy sauce, and a few tsp cumin. Then, mix with cooked rice for a simple beef & veg fried rice. You can dice and mix tomatoes, apple and cucumber to serve on the side.

FROM YOUR BOX

BASMATI RICE	300g
CARROT	1
CONTINENTAL CUCUMBER	1/2 *
CHERRY TOMATOES	1 bag (200g)
APPLE	1
SNOW PEAS	1/2 bag (125g) *
BEEF MINCE	600g
SPRING ONIONS	1/2 bunch *
LEMON	1/2 *
HONEY SACHET	1

**Ingredient also used in another recipe*

FROM YOUR PANTRY

olive oil, pepper, ground cumin, dried oregano, soy sauce

KEY UTENSILS

large frypan, saucepan

NOTES

Use the rice cup to easily measure the right amount of water for boiling.

For extra flavour, you can add crushed garlic, curry powder, paprika, ground coriander or chilli flakes to taste at step 3.

No beef option – beef mince is replaced with chicken mince. Cook as per recipe, but add 1 tbsp oil at step 3.



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. PREPARE THE SALAD

Cut carrot and cucumber into sticks. Halve cherry tomatoes, slice apple and snow peas. Arrange on a plate.



3. COOK THE BEEF

Heat a frypan over medium–high heat. Add the mince with **3 tsp cumin, 2 tsp oregano and 1 tbsp soy sauce** (see notes). Cook for 4–5 minutes. Slice and add spring onions, cook 2 minutes.



4. MAKE THE DRESSING

Juice 1/2 lemon and whisk together with **3 tbsp olive oil, 1 tbsp soy, 1 tbsp water** and the honey sachet. Season to taste with **pepper**.



5. FINISH AND PLATE

Spoon rice into bowls. Top with mince and fresh salad. Spoon over dressing to taste.

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

