



Product Spotlight: Lime

When zesting lemons, limes, or oranges remove the brightly coloured flesh of the peel only; avoid the white part, or pith, directly underneath the peel as this is quite bitter.



Lime & Sesame Beef Stir-Fry

A fresh and filling lime and sesame beef steak stir-fry served over nutty brown rice with mushrooms, water chestnuts and broccoli.

Bulk it up!

Add extra veg to the stir-fry, such as cabbage, corn, Asian greens and bean shoots. You can also add a fried egg.



25 minutes



2 servings



Beef

FROM YOUR BOX

BROWN RICE	150g
LIME	1
SPRING ONIONS	1 bunch
BROCCOLI	1
WATER CHESTNUTS	1 tin
SLICED MUSHROOMS	1 punnet
BEEF STEAKS	300g
GARLIC CLOVES	2
MIXED SESAME SEEDS	1 packet

FROM YOUR PANTRY

oil for cooking, pepper, soy sauce (or tamari)

KEY UTENSILS

large frypan, saucepan

NOTES

If you like heat, add a finely chopped fresh chilli, dried chilli flakes or chilli oil to the lime dressing.



1. COOK THE RICE

Place rice in a saucepan and cover with water. Bring to a boil and simmer for 15–20 minutes, or until tender. Drain and rinse.



2. MAKE THE LIME DRESSING

Zest lime and juice 1/2 (wedge remaining for serving). Add to a bowl as you go along with **2 tbsp soy sauce**, **2 tbsp water** and **pepper** (see notes). Whisk to combine.



3. PREPARE THE VEGETABLES

Cut spring onions into 3cm pieces (reserve green tops for garnish). Cut broccoli into florets. Drain water chestnuts and set aside with mushrooms.



4. COOK THE STEAKS

Heat a large frypan over medium-high heat with **oil**. Coat steaks with **1/2 tbsp soy sauce** and **pepper**. Add to pan and cook for 2–4 minutes each side until cooked to your liking. Remove from pan to rest and keep pan over heat.



5. STIR-FRY THE VEGETABLES

Crush garlic into pan and add vegetables (add extra **oil** if necessary). Stir-fry the vegetables for 5–8 minutes until broccoli is tender and mushrooms are browned.



6. FINISH AND SERVE

Slice steaks.

Divide rice among bowls. Top with stir-fry and steak. Garnish with sesame seeds and spring onion green tops. Serve with dressing and lime wedges.



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