



Product Spotlight: Red Chilli

Chillies are rich in vitamin C and boost your metabolism, making you feel warm when you eat them. Don't forget to wash your hands well after preparing them!



Beef Steaks with Crying Tiger Butter and Bean Shoot Salad

Grass-fed beef steaks served with a chilli and lime butter, brown basmati rice and a fresh and crunchy bean shoot salad!



20 minutes



4 servings



Beef

17 March 2023

Switch it up!

Instead of making the butter, switch it to olive oil or sesame oil and use the ingredients to make a dressing. Drizzle over the cooked steaks and rice to serve.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	42g	17g	62g

FROM YOUR BOX

BROWN BASMATI RICE	1 packet (300g)
LIME	1
CARROTS	2
MINT	1 packet
BEAN SHOOTS	1 bag
BEEF STEAKS	600g
RED CHILLI	1

FROM YOUR PANTRY

oil for cooking, sesame oil, salt, pepper, butter, fish sauce, brown sugar

KEY UTENSILS

large frypan, saucepan

NOTES

When zesting, only remove the brightly coloured flesh of the peel. Avoid the white part directly under the peel as this is quite bitter. Roll the lime between your palm and benchtop to tenderise the fruit and make it easier to juice!

If your butter hasn't softened, try grating it or use a vegetable peeler to get more malleable pieces.



1. COOK THE RICE

Bring **40g butter** to room temperature.

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



4. MAKE CRYING TIGER BUTTER

Deseed and finely chop chilli. Add to a bowl along with reserved lime zest, **softened butter** (see notes), **1 tsp brown sugar** and **2 tsp fish sauce**. Mix to combine.



2. TOSS THE SALAD

Zest lime (see notes) and set zest aside for step 4.

Ribbon carrots. Roughly chop mint leaves. Add to a bowl along with bean shoots, **1 tbsp sesame oil** and juice from 1/2 lime (wedge remaining). Toss to combine.



5. FINISH AND SERVE

Divide rice among plates. Top with steaks and spoon over crying tiger butter. Serve with bean shoot salad.



3. COOK THE STEAKS

Heat a frypan over medium-high heat. Coat beef steaks in **oil, salt and pepper**. Cook steaks for 2–4 minutes each side or until cooked to your liking. Set aside to rest.

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**

