



### 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.



25 minutes



4 servings



Beef

29 September 2023

## 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.

Per serve:	<b>PROTEIN</b>	<b>TOTAL FAT</b>	<b>CARBOHYDRATES</b>
	39g	18g	33g

## FROM YOUR BOX

BROWN RICE	300g
LIME	1
SPRING ONIONS	1 bunch
BROCCOLI	1
WATER CHESTNUTS	1 tin
SLICED MUSHROOMS	1 punnet
BEEF STEAKS	600g
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 **3 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 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 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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