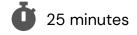






# Lime & Sesame Beef Stir-Fry

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





4 servings



# 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.

PROTEIN TOTAL FAT CARBOHYDRATES

39g

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.

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



