



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Ginger

Ginger is great for your metabolism!  
It is also considered both anti-inflammatory and immune-boosting.  
Slice any leftovers and add to hot water for a simple ginger tea!



G4

## Teriyaki Beef

with Rainbow Veg and Red Rice

A quick and flavourful teriyaki beef, this recipe is a great wholesome version of the family favourite, featuring a rainbow of fresh vegetables, red rice and a homemade teriyaki sauce.



25 minutes



4 servings



Beef

24 June 2022

## Stir-fry it!

*If you want to warm this dish up, stir fry the carrot and capsicum with the cooked rice and half the prepared teriyaki sauce. Serve with cooked beef, remaining sauce, diced avocado and seed mix.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	40g	24g	72g

## FROM YOUR BOX

RED RICE	1 packet (300g)
GINGER	1 piece
BEEF MINCE	600g
PURPLE CARROTS	2
RED CAPSICUM	1
AVOCADO	1
SEED MIX	1 packet (40g)

## FROM YOUR PANTRY

sesame oil, pepper, soy sauce (or tamari), white wine vinegar, sugar of choice

## KEY UTENSILS

frypan, saucepan

## NOTES

Use a vegetable peeler to ribbon carrot, or you can grate it.

The seed mix is made up of sesame seeds, sunflower seeds and fried shallots.



### 1. COOK THE RICE

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



### 2. PREPARE TERIYAKI SAUCE

Peel and grate ginger to yield 1 tbsp. Whisk together with **2 tbsp sesame oil, 2 tbsp soy sauce, 1 tbsp vinegar, 1/2 tbsp sugar, 2 tbsp water and pepper.**



### 3. COOK THE BEEF

Heat a frypan over medium–high heat. Add beef mince to pan. Use the back of your cooking spoon to break up the mince. Cook, stirring occasionally, for 8 minutes until excess liquid has evaporated.



### 4. PREPARE THE VEGETABLES

Ribbon carrots (see notes). Cut capsicum into sticks and dice avocado.



### 5. ADD SAUCE TO THE BEEF

Add 2 tbsp prepared teriyaki sauce to the beef and cook for a further 2–4 minutes until beef is browned.



### 6. FINISH AND SERVE

Divide rice among bowls. Spoon over some teriyaki sauce. Add beef and vegetables. Spoon over remaining teriyaki sauce and sprinkle over seed mix.

**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**

