



Product Spotlight: Honey

A colony of bees must visit around 2 million flowers to produce just 500g of honey! Its flavour changes depending on what they've been foraging.



Spice it up!

Stir a spoonful of gochujang or sriracha into the sauce for extra heat, or serve with a sprinkle of dried chilli flakes or fresh sliced chilli.

Sticky Korean Beef

Beef strips tossed in a sticky, sweet-savoury sauce of garlic, honey and tomato paste, served with fluffy sushi rice, crunchy carrot and cucumber, and a drizzle of creamy aioli.



30 minutes



Beef



2 servings

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	40g	48g	84g

FROM YOUR BOX

SUSHI RICE	150g
BEEF STRIPS	300g
GARLIC CLOVE	1
TOMATO PASTE	1 sachet
HONEY	1 shot
CARROT	1
LEBANESE CUCUMBER	1
CHIVES	1 bunch
AIOLI	1 sachet
MIXED SESAME SEEDS	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, soy sauce, cornflour, rice wine vinegar

KEY UTENSILS

large frypan, saucepan

NOTES

Substitute rice wine vinegar with white vinegar or white wine vinegar.

Any leftover chives are delicious in a breakfast omelette. Wrap in a damp paper towel and store in the fridge to keep them fresher for longer.

For fussy eaters, keep the sauce on the side and let everyone help themselves. The beef and rice are great on their own too.



1. COOK THE RICE

Rinse **sushi rice**. Place in a saucepan with **325ml water**. Cover and bring to a boil. Reduce heat immediately to medium-low. Cook, semi-covered, for 20 minutes until **rice** is tender and water is absorbed.



2. PREPARE THE SAUCE

Crush **garlic**. Combine with **tomato paste**, **honey**, **1 tbsp soy sauce**, **1 tsp vinegar** and **2 tbsp water** (see notes). Set aside.



3. PREPARE THE TOPPINGS

Julienne **carrot** using a julienne peeler or vegetable peeler, slice (or crescent) **cucumber** and thinly slice **chives** (see notes). Add **aioli** to a bowl, add **1 tsp water** and mix to loosen **aioli**.



4. COOK THE BEEF

Season **beef** with **salt and pepper**. Toss in a bowl with **2 tbsp cornflour** until coated (see notes).

Heat a frypan over high heat and cover base with **oil**. Add **beef**, in batches, and cook for 2 minutes until browned. Remove to a bowl and keep pan over heat.



5. ADD THE SAUCE

Reduce frypan to medium-high heat. Pour in **sauce** and simmer for 2-3 minutes stirring occasionally, until **sauce** becomes sticky. Remove pan from heat, return **beef** and toss until well coated with **sauce**.



6. FINISH AND SERVE

Divide **rice** among bowls (see notes). Add **beef** (including **sauce** from pan) and **toppings**. Drizzle over **aioli** and garnish with **sesame seeds** and **chives**.

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