



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.



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



4/6 servings

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.

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	39g	30g/34g	82g

FROM YOUR BOX

	4 PERSON	6 PERSON
SUSHI RICE	300g	300g + 150g
BEEF STRIPS	600g	600g + 300g
GARLIC CLOVES	2	3
TOMATO PASTE	1 sachet	2 sachets
HONEY	2 shots	3 shots
CARROTS	2	3
LEBANESE CUCUMBERS	2	3
CHIVES	1 bunch	1 bunch
AIOLI	1 sachet	2 sachets
MIXED SESAME SEEDS	1 packet	2 packets

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 **650ml 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.

6P – cover rice with 975ml water.



4. COOK THE BEEF

Season **beef** with **salt and pepper**. Toss in a bowl with **1/4 cup 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.

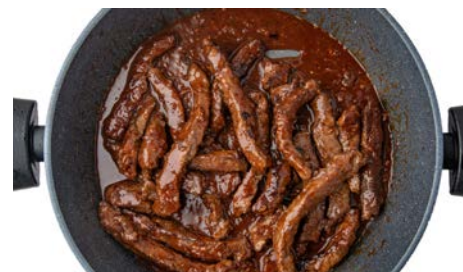
6P – toss beef in a bowl with 1/3 cup cornflour.



2. PREPARE THE SAUCE

Crush **garlic**. Combine with **tomato paste, honey, 2 tbsp soy sauce, 2 tsp vinegar** and **1/4 cup water** (see notes). Set aside.

6P – combine with tomato paste, honey, 3 tbsp soy sauce, 3 tsp vinegar and 1/3 cup water.



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**.



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 tbsp water** and mix to loosen **aioli**.



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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