



Product Spotlight: Sesame seeds

Sesame seeds are one of the oldest known seeds, prized for their nutty flavour and used in cuisines across Asia, the Middle East, and Africa.



Korean BBQ Flank Steak with Smoky Sauce

Tender flank steak marinated in Island Curries' Korean marinade, grilled and sliced for sharing. Served with sticky rice, a creamy smoky chive sauce, and a fresh radish, cucumber and pear salad.



35 minutes



Beef



2 servings

Switch it up!

Serve the steak and rice in lettuce cups for a fun, hands-on twist or add kimchi for a spicy, tangy kick.

Per serve :	PROTEIN	TOTAL FAT	CARBOHYDRATES
	33g	28g	55g

FROM YOUR BOX

SUSHI RICE	150g
BEEF FLANK STEAK	400g
KOREAN SMOKY SAUCE	1 sachet
LEBANESE CUCUMBER	1
RADISHES	1 bunch
PEAR	1
CHIVES	1 bunch
SESAME SEEDS	10g
AIOLI	1 sachet

FROM YOUR PANTRY

sesame oil, salt, pepper, rice wine vinegar, soy sauce (or tamari)

KEY UTENSILS

BBQ or griddle pan, saucepan

NOTES

Radishes can be quite sandy – trim and rinse them well, then pat dry before using. Use them to taste in this salad. Store any leftovers in an airtight container in the fridge.



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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. MARINATE THE STEAK

Coat **steak** with **1/2 sachet Korean smokey sauce, 1/2 tbsp sesame oil, salt and pepper**. Set aside to marinate.



3. PREPARE THE SALAD

Slice **cucumber, radishes** (see notes), **pear** and **1/2 bunch chives**. Toss together with **2 tbsp vinegar, 1 tbsp soy sauce** and **sesame seeds**.



4. PREPARE THE DRESSING

Thinly slice remaining **1/2 bunch chives**. Combine with remaining **1/2 sachet Korean sauce** and **aioli**.



5. COOK THE STEAK

Heat a BBQ hot plate over high heat. Add **steak** (cook in batches if needed) and cook for 3–5 minutes each side or until cooked to your liking. Set aside to rest.



6. FINISH AND SERVE

Slice **steak** and drizzle with **dressing**. Serve with **rice** and **salad**.

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