



### 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



4/6 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
4/6 Person:	50g	39g	60g/63g

## FROM YOUR BOX

	4 PERSON	6 PERSON
SUSHI RICE	300g	300g + 150g
BEEF FLANK STEAK	2 x 400g	3 x 400g
KOREAN SMOKY SAUCE	2 sachets	3 sachets
LEBANESE CUCUMBER	1	2
RADISHES	1 bunch	1 bunch
PEAR	1	2
CHIVES	1 bunch	1 bunch
SESAME SEEDS	10g	10g
AIOLI	1 sachet	2 sachets

## 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.



### 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 - use 975ml water.**



### 2. MARINATE THE STEAKS

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

**6P - use 1 1/2 sachets Korean sauce, 1 1/2 tbsp sesame oil.**



### 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**.

**6P - toss with 3 tbsp vinegar and 1 1/2 tbsp soy sauce.**



### 4. PREPARE THE DRESSING

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

**6P - Combine chives with 1 1/2 sachets Korean sauce and 2 sachets aioli.**



### 5. COOK THE STEAKS

Heat a BBQ hot plate over high heat. Add **steaks** (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 **steaks** and drizzle with **dressing**. Serve with **rice** and **salad**.



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