



DINNER TWIST
LOCAL. HEALTHY. DELIVERED



Beef and Broccoli Stir-Fry

A quick and tasty dinner with beef mince, fresh veggies, and your favourite stir fry sauce, served over fluffy rice.



25 minutes



Beef



4/6 servings

FROM YOUR BOX

	4 PERSON	6 PERSON
BASMATI RICE	300g	300g + 150g
GINGER	1 piece	1 piece
BROWN ONION	1	1
RED CAPSICUM	1	2
BROCCOLI	1	2
BEEF MINCE	600g	600g + 300g

FROM YOUR PANTRY

oil for cooking, soy sauce or stir-fry sauce of choice

NOTES

You can use your favourite sauce combination for this dish. Here are some ideas you can try:

Honey soy garlic – 2 tbsp soy sauce, 2 crushed garlic cloves and 1 tbsp honey.

Teriyaki – 2 tbsp soy sauce, 1 tbsp mirin or rice vinegar, 2 tsp brown sugar.

Chilli garlic and soy – 1 tbsp soy sauce, 1 tbsp sweet chilli or sambal, 2 tsp vinegar and 1 crushed garlic clove.

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1. COOK THE RICE

Rinse **basmati rice** and place in a saucepan with **600ml water**. Bring to boil, cover, and simmer on low for 12 minutes. Remove from heat and rest for 5 minutes. Fluff with fork before serving.

6P – use **900ml water**

2. PREPARE THE VEGETABLES

Peel and grate **ginger**. Dice **onion** and **capsicum**. Cut **broccoli** into small florets.

TIP *You can add Asian greens, baby corn, carrot or zucchini if you would like more veggies.*

3. COOK THE STIR FRY

Heat wok or large frypan over high heat with **oil**. Add **beef mince** and break up into smaller pieces, cook until sealed. Add all **vegetables** and cook, tossing for 5–6 minutes until tender. Toss with **2–3 tbsp soy sauce** or **stir-fry sauce of choice** (see notes).

6P – add **4–5 tbsp soy sauce or stir-fry sauce of choice**

TIP *Use sesame oil for fragrance. Add Chinese five spice and garlic for flavour.*

4. FINISH AND SERVE

Season **stir-fry** with **soy sauce** and **pepper** to taste. Divide **rice** between bowls and top with **stir fry**.

TIP *Garnish with peanuts, sesame seeds, or fried shallots, if available.*

This recipe has simplified instructions to help lower your meal cost.