



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Ginger

Ginger has a number of health benefits under its belt! It is considered both anti-inflammatory and immune boosting. Slice any leftover ginger and add to hot water for a nice herbal tea.



## 4 Five Spice Beef Stir Fry

A flavourful beef stir fry with hints of cinnamon, star anise and clove from the Chinese five spice, finished with a crunchy roasted peanut topping.

 30 minutes

 2 servings

 Beef

19 October 2020

### Spice it up!

*Garnish the dish with some fried shallots or toasted sesame seeds!  
Add some crushed garlic to the beef if you have some.*

Per serve: **PROTEIN** 19g **TOTAL FAT** 14g **CARBOHYDRATES** 42g

## FROM YOUR BOX

BROWN BASMATI RICE	150g
SPRING ONIONS	2 *
ZUCCHINI	1/2 *
RED CAPSICUM	1
GINGER	1 piece
BEEF MINCE	300g
CONTINENTAL CUCUMBER	1/2 *
PEANUTS	1 packet (40g)

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil cooking, salt and pepper, Chinese five spice, oyster sauce (or hoisin sauce)

## KEY UTENSILS

large frypan, saucepan

## NOTES

You can use sesame or coconut oil for extra fragrance when cooking.

If you don't have oyster sauce or hoisin sauce you could use 1 1/2 tbsp soy sauce or fish sauce instead.

**No beef option** - beef mince is replaced with chicken mince.



### 1. COOK THE RICE

Place rice in a saucepan, cover with 1.5 x amount of water. Cover with a lid, cook on lowest heat for 10-15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



### 2. PREPARE THE VEGGIES

Slice the spring onions (reserve tops for garnish). Slice zucchini and capsicum. Peel and grate ginger to yield 1/2 tbsp. Set aside.



### 3. COOK THE BEEF

Heat a frypan over medium high heat with oil (see notes). Add beef mince, **1 tsp Chinese five spice** and **2 tbsp oyster sauce**. Cook for 6-8 minutes until browned.



### 4. ADD THE VEGGIES

Add prepared veggies to pan and cook for 3-4 minutes. Season with **salt and pepper**. Take off heat.



### 5. PREPARE THE GARNISH

Slice or dice cucumber. Roughly chop peanuts.



### 6. FINISH AND PLATE

Divide rice and beef stir fry among bowls. Serve with cucumber and peanuts on the side. Garnish with spring onion tops.

**How did the cooking go?** We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

