



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Miso


Traditionally from Japan, this salty ingredient is made from fermented soy beans (or rice / barley) that are ground into a thick paste. It has a savoury, umami flavour and comes in a variety of shades.




4 Beef Strips

with Miso Brown Rice Salad

Beef strips served with a fresh salad of brown rice, vegetables and apple tossed in an umami-rich miso glaze.

 30 minutes

 2 servings

 Beef

12 November 2021

| Per serve: | PROTEIN | TOTAL FAT | CARBOHYDRATES |
|------------|---------|-----------|---------------|
| | 44g | 21g | 74g |

FROM YOUR BOX

| | |
|-------------------|-----------------|
| BROWN RICE | 1 packet (150g) |
| LEBANESE CUCUMBER | 1 |
| RASHISHES | 1/2 bunch * |
| RED APPLE | 1 |
| SPRING ONIONS | 1/3 bunch * |
| SUGAR SNAP PEAS | 1/2 bag (75g) * |
| BEEF STRIPS | 300g |
| MISO GLAZE | 1/2 jar * |

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt, pepper, white wine vinegar

KEY UTENSILS

large frypan, saucepan

NOTES

If you have a mandolin you can use it to thinly slice the vegetables and apples.

Make sure your frypan is very hot prior to adding the beef strips to cook. This is to ensure they brown and not stew in the pan.

No beef option – beef strips are replaced with **chicken stir-fry strips**. Increase cooking time to 4–5 minutes on each side or until cooked through.



1. COOK THE RICE

Place rice in a saucepan and cover with water. Bring to the boil and simmer for 15–20 minutes, or until tender. Drain and rinse.



2. PREPARE VEGETABLES

Thinly slice cucumber, radishes, apple (see notes) and spring onion green tops (reserve bottoms). Trim and slice sugar snap peas.



3. COOK THE BEEF

Heat a frypan over high heat (see notes) with **oil**. Toss beef strips in 2 tsp of the miso glaze. Slice remaining spring onions and add to pan along with beef strips. Cook for 1–2 minutes each side (in batches). Remove from heat.



4. TOSS THE SALAD

In a large bowl whisk together 1/4 cup miso glaze and **3 tsp vinegar**. Add rice and prepared vegetables. Toss until well coated. Season with **salt and pepper**.



5. FINISH AND SERVE

Divide rice salad among shallow bowls, top with beef strips and spring onions.

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**

