



### Product Spotlight: Brown Rice

Brown rice is wholegrain rice with the inedible outer hull removed. It has a delicious, nutty taste and comes with many health benefits!



## 3 Korean Beef & Eggs

A wholesome bowl of nutty brown rice, topped with fresh salad, sunny egg and tender beef strips, all finished with a sweet and savoury soy dressing.

 30 minutes

 4 servings

 Beef

1 February 2021

### Mix it up!

*If you prefer a warmer meal, you can transform this dish into a fried rice! Add all the vegetables into the frypan and stir fry with cooked rice and sauce. Scramble the egg through or cook them sunny side up and serve on top!*

Per serve: **PROTEIN** 40g **TOTAL FAT** 18g **CARBOHYDRATES** 63g



## FROM YOUR BOX

BROWN RICE	300g
CONTINENTAL CUCUMBER	1/2 *
CARROTS	2
SHREDDED RED CABBAGE	1/2 bag (200g) *
PASTURED EGGS	4
SPRING ONIONS	1/4 bunch *
BEEF STIR-FRY STRIPS	400g
SESAME SEEDS	1/2 packet (20g) *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, sesame oil, white wine vinegar, soy sauce (or tamari), sugar (brown or of choice)

## KEY UTENSILS

large frypan, saucepan

## NOTES

Toast the sesame seeds in a dry fry pan if preferred.

**No beef option - beef stir-fry strips are replaced with chicken stir-fry strips.** Increase cook time to 6-8 minutes.



### 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 THE TOPPINGS

Deseed and slice cucumber into crescents. Julienne or ribbon carrots using a vegetable peeler. Set aside with cabbage.



### 3. MAKE THE DRESSING

Combine **1 tbsp sugar**, **3 tbsp soy sauce**, **1 tbsp vinegar** and **1 tbsp sesame oil** in a small bowl. Stir until sugar dissolves.



### 4. COOK THE EGGS

Heat a frypan with **oil** over medium-high heat. Crack in eggs and cook for 3-4 minutes or to your liking. Remove and set aside.



### 5. COOK THE BEEF

Slice spring onions. Toss with beef strips, **1/2 tbsp soy sauce** and **1/2 tbsp sesame oil**. Reheat frypan over high heat. Cook beef and spring onions for 1-2 minutes (in batches if needed).



### 6. FINISH AND PLATE

Divide rice, beef, eggs and toppings among bowls. Garnish with sesame seeds and spoon over dressing to taste.

**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](mailto:hello@dinnertwist.com.au)

