



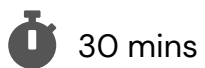
Product Spotlight: Black Rice

Black rice has many characteristics such as being low in carbohydrates, high in fibre and a source of protein.



4 Satay Beef with Pickled Vegetables

Homemade satay sauce with stir fried black rice and pickled vegetables.



30 mins



4 servings



Beef

4 June 2021

Spice it up!

Some fresh mint, bean shoots and red chilli would make a great addition to this meal.

Per serve: **PROTEIN** 51g **TOTAL FAT** 24g **CARBOHYDRATES** 80g

FROM YOUR BOX

BLACK RICE	300g
CONTINENTAL CUCUMBER	1
RADISHES	1/2 bunch *
COCONUT MILK	165ml
PEANUT BUTTER	2 slugs
BEEF STEAKS	600g
BROCCOLI	1

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt and pepper, white vinegar, soy sauce (or tamari), sugar of choice

KEY UTENSILS

large frypan, saucepan, small saucepan

NOTES

When pickling, we recommend you use a non-metallic bowl as the vinegar can react and cause a metallic taste in your food.

Most vinegars can be used to pickle, if you have rice wine vinegar, apple cider vinegar or white vinegar at home, these will all work well.

No beef option – beef steaks are replaced with chicken thighs. Increase cooking time to 4–5 minutes, over medium-high heat, on each side or until cooked through.



1. COOK THE RICE

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



2. PICKLE VEGETABLES

In a large bowl (see notes) whisk together **1/2 cup vinegar** (see notes), **1 tbsp sugar** and **2 tsp salt**. Thinly slice cucumber and radishes, add to bowl and stir occasionally.



3. MAKE SATAY SAUCE

Add coconut milk and peanut butter to a small saucepan over medium heat. Whisk in **2 tbsp vinegar** and **3 tsp soy sauce**, cook until combined and thickened.



4. COOK THE STEAK

Heat a large frypan over high heat. Coat the steaks in **oil, salt and pepper**. Cook for 2–4 minutes on each side or until cooked to your liking. Set aside to rest.



5. STIR FRY BROCCOLI

Finely chop broccoli. Reheat frypan over medium-high heat with **oil**. Add broccoli and cook for 3–4 minutes. Pour in rice with **2 tsp soy sauce**, stir fry with broccoli for a further 2–3 minutes.



6. FINISH AND PLATE

Drain pickled vegetables, slice steaks. Evenly divide stir-fried rice among bowls, top with pickled vegetables and steak. Drizzle over satay sauce.

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

