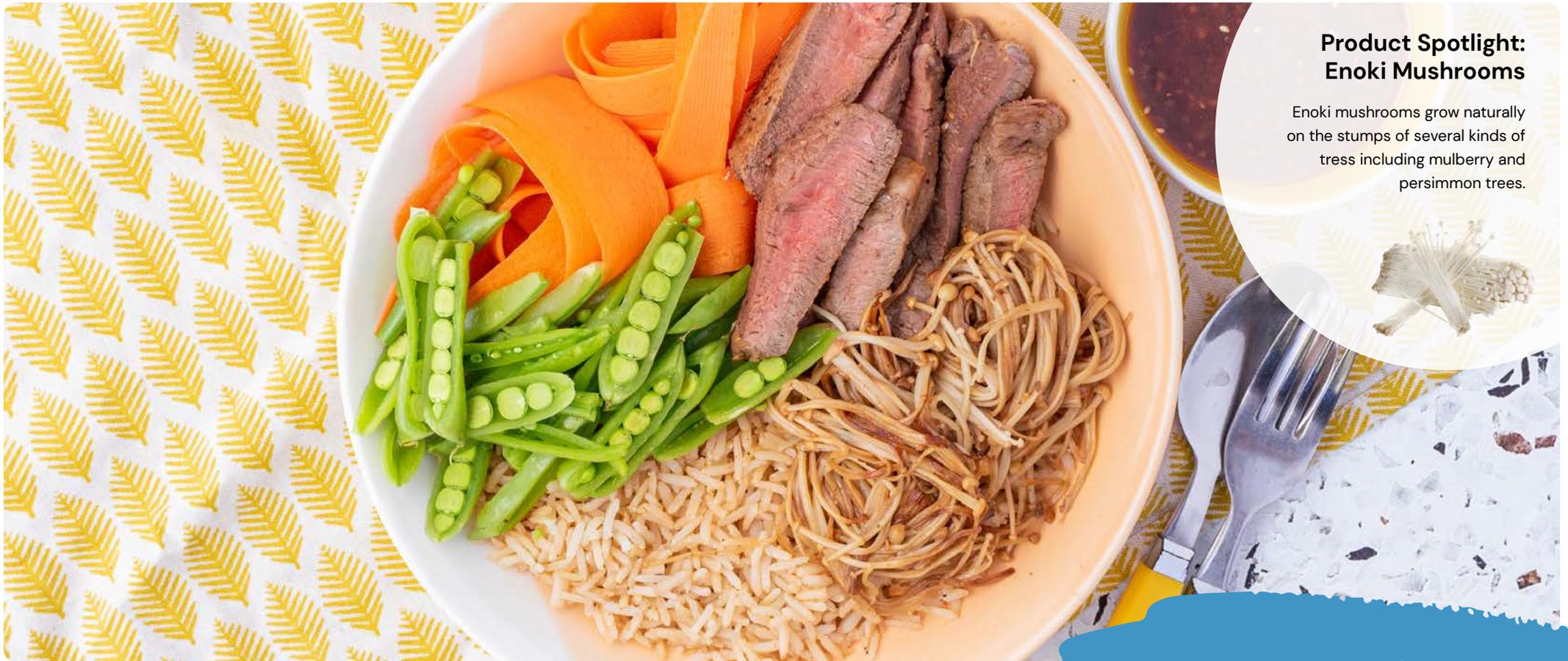




DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Enoki Mushrooms

Enoki mushrooms grow naturally on the stumps of several kinds of trees including mulberry and persimmon trees.



3 Sesame and Chilli Beef Rice Bowl

Beef steaks and enoki mushrooms served with fresh crunchy vegetables served bowl style with brown rice and a sesame chilli dressing.

 30 minutes

 4 servings

 Beef

14 January 2022

fried rice!

Switch this dish into a fried rice if you prefer. Prepare the vegetables and dressing then stir-fry in a large pan with the cooked rice.

Per serve: **PROTEIN** 34g **TOTAL FAT** 28g **CARBOHYDRATES** 49g

FROM YOUR BOX

BROWN BASMATI RICE	1 packet (300g)
SHICHIMI TOGARASHI	1 jar
BEEF STEAKS	600g
ENOKI MUSHROOMS	1 packet (360g)
CARROTS	2
SUGAR SNAP PEAS	1 bag (250g)

FROM YOUR PANTRY

sesame oil, salt, honey, apple cider vinegar

KEY UTENSILS

large frypan, saucepan

NOTES

The shichimi togarashi does have some heat to it so use to taste if preferred. You could also season the sauce with soy sauce instead of salt if preferred.

If you like your enoki mushrooms crispy, cook them in batches and remove to a plate lined with paper towel.

No beef - beef steaks are replaced with chicken breast stir-fry strips. Coat strips in prepared dressing and season with salt. Cook over medium-high heat for 3-4 minutes or until golden and cooked through.



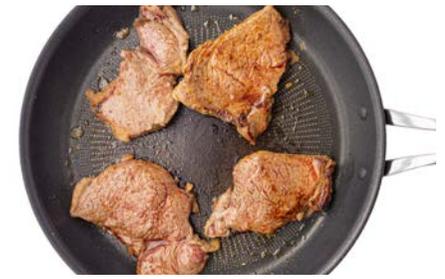
1. COOK THE RICE

Place rice in a saucepan and cover with water. Bring to a boil and simmer for 12-15 minutes. Drain and rinse.



2. MAKE THE DRESSING

In a bowl whisk together 3 tbsp shichimi togarashi (see notes), **3 tsp honey**, **1/3 cup sesame oil**, **1/3 cup water**, **1 1/2 tbsp vinegar and salt** until well combined. Toss 2 tbsp dressing through the cooked rice.



3. COOK THE BEEF STEAKS

Heat a frypan over medium-high heat. Coat steaks in 1 1/2 tbsp prepared dressing and salt. Add to pan and cook for 2-4 minutes each side or until cooked to your liking. Remove from pan. Keep pan over heat.



4. COOK THE MUSHROOMS

Add extra oil to pan. Trim mushrooms and add to pan. Cook, turning occasionally, for 4-6 minutes (see notes).



5. PREPARE FRESH TOPPING

Ribbon or julienne carrots. Trim and slice sugar snap peas.



6. FINISH AND SERVE

Slice steaks.

Evenly divide rice among bowls. Top with prepared toppings, mushrooms and slices of steak. Serve with remaining dressing.

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**

