

SEE
NOTES FOR
VEGETARIAN
INSTRUCTIONS



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Capsicum

Capsicum is an excellent source of vitamin C which is needed for growth and repair of tissues in all parts of your body.



2 Beef Bibimbap

Bibimbap is originally a Korean dish and means "mixed rice". The bowls are assembled at the table with marinated beef mince, rice and lots of fresh veggies. Finished with a sweet and savoury soy dressing.

 20 minutes

 2 servings



 Beef

22 February 2021

Fancy a Stir-fry?

After having cooked the beef strips you can add the veggies (except cucumber) and stir fry for 3 minutes. Return beef and sauce and serve over rice. Top with fried shallots and sliced cucumber.

FROM YOUR BOX

BASMATI RICE	150g
YELLOW CAPSICUM	1
LEBANESE CUCUMBER	1
CARROT	1
FRIED SHALLOTS	1/2 packet (15g) *
BEEF STRIPS 	300g
 PASTURED EGGS	2-4

*Ingredient also used in another recipe

FROM YOUR PANTRY

sesame oil, white wine vinegar, soy sauce, sugar (brown or other)

KEY UTENSILS

saucepan, large frypan or wok

NOTES

Use the rice tub to quickly measure up 1.5 x amount of water.

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

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

 **VEG OPTION – Ingredients are replaced with vegetarian alternatives – follow the cooking instructions as directed.**



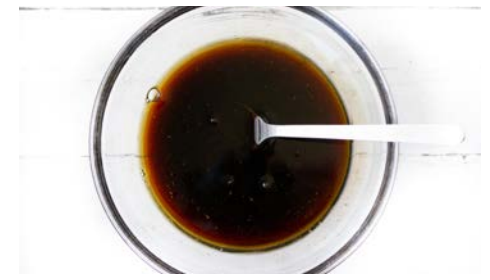
1. COOK THE RICE

Place rice in a saucepan, cover with 1.5 x amount of water (see notes). Cover with a lid, cook over low heat for 10-15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



2. PREPARE THE TOPPINGS

Cut capsicum into strips and cucumber into crescents (deseed if preferred). Julienne or ribbon carrot using a vegetable peeler. Set aside with fried shallots.



3. MAKE THE DRESSING

Combine **1/2 tbsp sugar, 2 tbsp soy sauce, 1/2 tbsp vinegar** and **1 tbsp sesame oil** in a small bowl. Stir until sugar dissolves.



4. COOK THE BEEF


Heat a pan over high heat. Toss beef strips with **1/2 tbsp soy sauce** and **1/2 tbsp sesame oil**. Cook beef for 1-2 minutes or until browned (see notes).

 **VEG OPTION – Fry eggs to your liking.**



5. FINISH AND PLATE

Divide rice, beef and fresh toppings among bowls. Garnish with fried shallots and spoon over dressing to taste.

 **VEG OPTION – Divide rice and fresh veggies among bowls. Top with a fried egg and garnish with crispy shallots. Spoon over dressing to taste.**

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