



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Asian Dressing


Store the Asian dressing in the fridge until using. Warm the bottle in your hands if the olive oil is still solid from the fridge.



## 2 Beef Bibimbap with Rice

A basmati rice bowl with sesame beef mince and fresh veggie toppings, finished with GH Produce's locally made Asian dressing, crispy shallots and sesame seeds.

 20 minutes

 2 servings




 Beef

7 January 2022

## Switch the Veg!

*You can substitute the fresh toppings for cooked veggies instead! Mushrooms, corn, zucchini and spring onions are delicious with this dish!*

## FROM YOUR BOX

|  |                |
|--|----------------|
| BASMATI RICE   | 150g           |
| BEEF MINCE        | 300g           |
| ASIAN DRESSING   | 1 bottle       |
| CARROT   | 1              |
| LEBANESE CUCUMBER  | 1              |
| CHERRY TOMATOES  | 1 bag (200g)   |
| FRIED SHALLOT/SESAME MIX   | 1 packet (30g) |
|  ASIAN GREENS     | 1 bunch        |
|  SLICED MUSHROOMS | 1 punnet       |

## FROM YOUR PANTRY

salt, pepper, sesame oil


## KEY UTENSILS

large frypan, saucepan

## NOTES

Shake the dressing bottle well before serving.

**No beef option** – beef mince is replaced with **chicken mince**. Increase cooking time to 4-5 minutes or until cooked through.

 **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. Cover with a lid, cook on lowest heat for 10-15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



### 2. COOK THE BEEF

Heat a frypan over medium-high heat with **sesame oil**. Add beef mince to pan along with 1 tbsp Asian dressing, **salt and pepper**. Cook for 5 minutes.

 **VEG OPTION** – Chop Asian greens. Cook in pan with mushrooms as above.




### 3. PREPARE THE TOPPINGS

Meanwhile, julienne or ribbon carrot using a vegetable peeler. Slice cucumber and halve tomatoes.



### 4. FINISH AND SERVE

Divide rice, beef and toppings among bowls. Garnish with fried shallots/ sesame mix and serve with remaining Asian dressing to taste (see notes).

 **VEG OPTION** – Divide rice, mushrooms and toppings among bowls. Garnish as above.

**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)

