

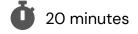




## Teriyaki Beef

### with Rainbow Toppings

Sweet teriyaki beef mince served over fluffy basmati rice, and topped with fresh carrot, capsicum and cucumber.





2 servings



# Warm it up!

This dish can be transformed into a teriyaki fried rice! Dice the capsicum and carrot and stir-fry with the beef mixture. Toss all together with cooked rice and serve with fresh cucumber on the side.

#### **FROM YOUR BOX**

BASMATI RICE	150g
RED ONION	1/2 *
BEEF MINCE	300g
GINGER	1 piece
LEBANESE CUCUMBER	1
RED CAPSICUM	1
CARROT	1
TERIYAKI SAUCE	1/4 cup *
SESAME SEED MIX	1 packet (20g)
OYSTER MUSHROOMS	1 packet
GREEN BEANS	1 bag (150g)

<sup>\*</sup>Ingredient also used in another recipe

#### FROM YOUR PANTRY

oil for cooking, vinegar (we used rice wine), pepper

#### **KEY UTENSILS**

frypan, saucepan with lid

#### **NOTES**

Add the capsicum and carrot to the beef to cook if you prefer a warmer dish.

No beef option - beef mince is replaced with chicken mince.

No gluten option - teriyaki sauce is replaced with GF teriyaki sauce.

**WEG OPTION** - Ingredients are replaced with vegetarian alternatives - follow the cooking instructions as directed.



#### 1. COOK THE RICE

Place rice in a saucepan, cover with x 1.5 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 oil. Chop onion and add to pan with beef mince. Peel and grate ginger to yield 1/2 tbsp. Add to beef and cook for 8-10 minutes (see step 4).

VEG OPTION - Chop onion, slice mushrooms and beans. Add to pan over medium-high heat with oil and cook for 6-8 minutes.



#### 3. PREPARE THE TOPPINGS

Meanwhile, cut cucumber and capsicum into sticks. Ribbon carrot using a vegetable peeler (see notes).



#### 4. SEASON THE BEEF

Stir 1/4 cup teriyaki sauce and 1 tbsp water through the beef. Simmer for 2 minutes. Season with 1 tsp vinegar and pepper to taste.

**WEG OPTION - Stir 2 tbsp teriyaki** sauce and 1 tsp vinegar through veggies. Cook for 2 minutes.



#### 5. FINISH AND SERVE

Divide rice, teriyaki beef and fresh toppings among bowls. Garnish with sesame seeds.

**\*\*** VEG OPTION - Season veggies with pepper. Serve with rice and toppings as above.





