

SEE
NOTES FOR
VEGETARIAN
INSTRUCTIONS



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Ginger


Store leftover ginger in the freezer! Peel or scrub first before you store. When needed take out a piece and grate while still frozen, it's actually easier than grating fresh!



3 Teriyaki Beef with Rainbow Toppings

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

 20 minutes

 2 servings




 Beef

22 October 2021

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)

*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.

 **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 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.

 **VEG 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.

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

