



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Bean shoots


Bean shoots give you an easy way to boost the nutrients in your diet with good levels of vitamin C, folate and iron.



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

 4 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	300g
YELLOW CAPSICUM	1
CONTINENTAL CUCUMBER	1
CARROTS	2
BEAN SHOOTS	1 bag
FRIED SHALLOTS	1/2 packet (30g) *
BEEF STRIPS 	600g
 PASTURED EGGS	6-pack
 SHIITAKE MUSHROOMS	100g

*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.

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.



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, in batches, for 1–2 minutes or until browned (see notes).

 **VEG OPTION** – Slice and cook mushrooms for 4–5 minutes (to your liking) with **1/2 tbsp soy sauce** and **sesame oil**. Wipe pan and fry eggs.




2. PREPARE THE TOPPINGS

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



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, mushrooms and fresh veggies among bowls. Top with a fried egg and garnish with fried shallots. Spoon over dressing to taste.



3. MAKE THE DRESSING

Combine **1 tbsp sugar**, **3 tbsp soy sauce**, **1 tbsp vinegar** and **1 tbsp sesame oil** in a small bowl. Stir until sugar dissolves.

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

