



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: BASMATI RICE

Basmati rice is fluffy, light and aromatic — in fact, the word “basmati” comes from the Sanskrit word “vasmati” which means “fragrant” or “aromatic.” In other words, it’s perfect with this Asian beef dish!



2. ASIAN BEEF BOWLS

Savoury beef mince, crunchy veggie toppings, and tender rice make for these wholesome and satisfying bowls, perfect for weeknights and weekends alike.

 30 Minutes

 2 Servings

25 May 2020

FROM YOUR BOX

BASMATI RICE	150g
BEEF MINCE	300g
GARLIC CLOVE	1
GINGER	40g
SPRING ONIONS	1/3 bunch *
BABY SPINACH	1/2 bag (100g) *
CARROT	1
CONTINENTAL CUCUMBER	1/2 *
PEANUT-SESAME SEED MIX	1 packet (50g)

* Ingredient also used in another recipe

FROM YOUR PANTRY

sesame oil, soy sauce, sweet chilli sauce, rice or red wine vinegar

KEY UTENSILS

saucepan, wok or frypan

NOTES

Use the rice tub to easily measure water.

Grate or finely dice carrot and add to mince if preferred.

Freeze remaining ginger or use in herbal tea!

No beef option - beef mince is replaced with chicken mince. Add 1 tbsp oil when frying in step 2.



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. COOK THE MINCE

Heat a pan over medium-high heat. Add mince (see notes) and cook for 5-6 minutes, breaking apart with a spatula, until browned.



3. ADD THE AROMATICS

Crush garlic, grate ginger to yield 2 tsp (see notes) and slice spring onions (keep some green tops for garnish). Add all to pan with **1 tbsp sesame oil**. Cook for 2-3 minutes.



4. SEASON THE MINCE

Add spinach to the mince and cook for 2 more minutes, then add **1/2 tbsp soy sauce, 1 tsp vinegar and 1/2 tbsp sweet chilli sauce**.



5. PREPARE THE TOPPINGS

Julienne carrot, peel cucumber into ribbons. Arrange on a plate with peanut-sesame mix.



6. FINISH AND PLATE

Serve rice and mince in bowls. Bring toppings (and extra soy and sweet chilli sauce if desired) to the table for everyone to assemble their own bowl.

How did the cooking go? We'd love to know - help us by sharing your thoughts!
Want to chat? Call us Mon-Tue 8.30am-6.00pm, Wed-Fri 8.30am-4.00pm on 1300 135 660 or text us anytime on 0481 072 599.

