



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Almonds

This nutritious nut is high in protein, rich in vitamin E (great for skin health!) and also a good source of calcium.



3 Beef & Tabouleh with Spiced Almond Rice

Tender beef strips with warm flavours of cinnamon and turmeric, paired with a fresh mint tabouleh style salad and fragrant brown rice with almonds.



35 minutes



2 servings



Beef

15 June 2020

Spice it up!

If you're an adventurous foodie and have a range of spices in your pantry, try adding some ground cardamom, cloves or coriander to the beef for little more excitement in your cooking!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	45g	32g	40g

FROM YOUR BOX

BROWN RICE	150g
MINT	1/2 bunch *
CHERRY TOMATOES	1/2 bag (100g) *
RED CAPSICUM	1/2 *
GREEN OLIVES	1/2 jar *
BEEF STRIPS	300g
SAFFRON	1/2 packet *
SLIVERED ALMONDS	1 packet (50g)
CARROT	1
NATURAL YOGHURT	1/2 cup (125ml) *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil/butter for cooking, olive oil, salt and pepper, ground turmeric, ground cinnamon, red wine vinegar

KEY UTENSILS

large frypan, saucepan

NOTES

Add some crushed garlic to the rice in step 4 for extra flavour if preferred!

No beef option – beef strips are replaced with chicken strips. Increase cooking time to 6–8 minutes or until cooked through.



1. COOK THE RICE

Place rice in a saucepan and cover with water. Bring to the boil and simmer for 15–20 minutes, or until tender. Drain and rinse.



2. PREPARE THE TABOULEH

Slice mint leaves. Quarter tomatoes and dice capsicum. Roughly chop olives. Toss together with 1 tsp vinegar and 1/2 tbsp olive oil. Season with salt and pepper.



3. COOK THE BEEF

Heat a frypan over high heat. Coat beef with 1/2 tsp turmeric, 1/2 tsp cinnamon, oil, salt and pepper. Cook for 1–2 minutes. Remove to a bowl and stir through 1 tbsp olive oil.



4. SPICE THE RICE

Reduce pan heat to medium. Add 1 tbsp oil, saffron, 1/4 tsp cinnamon and almonds. Cook for 2 minutes until fragrant. Add cooked rice and grate in carrot. Season with salt and pepper to taste.



5. FINISH AND PLATE

Divide rice, beef and tabouleh among plates. Serve with a dollop of yoghurt.

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**

