



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Barker's Plum Sauce

Gluten-free, no-nasties,
rich red plum sauce
made in New Zealand.
Any leftovers are great
with eggs, fish 'n chips or
even pizza!



3 Beef and Broccoli Stir-Fry with Plum Sauce

100% grass-fed Western Australian beef strips cooked with a sweet & tangy plum sauce and crunchy veggies, all enjoyed on a bed of fragrant basmati rice.

 25 minutes

 2 servings

 Beef

2 April 2021

Customise it

Customise this stir-fry to your liking. For example, add a crushed garlic clove or chilli flakes for extra flavour, or add any spare veggies from your fridge to bulk it up. Great additions include capsicum, Asian veg or zucchini.

FROM YOUR BOX

BASMATI RICE	150g
GINGER	1 piece
RED ONION	1/2 *
CARROT	1
BROCCOLI	1/2 *
ALMONDS	1 packet (40g)
BEEF STRIPS	300g
PLUM SAUCE	1/2 bottle *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking (see notes), pepper, soy sauce

KEY UTENSILS

frypan, saucepan

NOTES

We used sesame oil for extra flavour.

Use the rice tub to easily measure the right amount of water.

If preferred, mix rice through the stir-fry before serving.

No beef option – beef strips are replaced with chicken stir-fry strips. Increase cooking time to 3–4 minutes or until cooked through.



1. COOK THE RICE

Place rice in a saucepan and cover with 1.5 x amount of water (see notes). Cover with lid, cook over low heat for 10–15 minutes. Remove from heat, let stand 5 minutes. Stir carefully with a fork.



2. PREPARE INGREDIENTS

Grate ginger to yield 1/2 tbsp, slice red onion and carrot. Cut broccoli into small florets and roughly chop almonds (keep separate).



3. TOAST ALMONDS (OPTIONAL)

Toast almonds in a frypan over medium-high heat for 1–2 minutes or until golden. Remove and reserve pan.



4. COOK THE BEEF

Re-heat frypan over high heat. Toss beef with **1/2 tbsp soy sauce, oil and pepper.** Cook strips in batches for 1–2 minutes until just cooked, remove to a plate.



5. COOK THE VEGETABLES

Re-heat pan with **oil** over medium-high heat. Add ginger and vegetables. Cook for 3–4 minutes until just tender. Return beef to pan with plum sauce and mix well over heat. Season with **pepper and soy sauce.**



6. FINISH AND PLATE

Divide rice and stir-fry between bowls (see notes). Sprinkle with toasted almonds to serve.

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**

