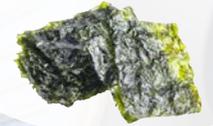




Product Spotlight: Seaweed Snack

This crispy, paper thin snack is made with organic nori sheets. A superfood from the sea, nori is nutrient-rich and moreishly delicious. Lightly roasted and seasoned with sea salt, this delicate seaweed snack provides 100% of the RDI of iodine.



Donburi Steak Bowl with Seaweed Butter

Searred beef steaks, sliced and served with seaweed butter on top of brown basmati rice and balanced with a pickled vegetable salad and a sprinkling of sesame seeds.

 25 minutes

 2 servings

 Beef

Spice it up!

*Transform this dish into a sushi style bowl!
Leave out the seaweed butter, slice the seaweed and use it as a garnish instead.
Serve with mayo and a sprinkling of togarashi spice if you have some!*

Per serve: **PROTEIN** 44g **TOTAL FAT** 32g **CARBOHYDRATES** 68g

FROM YOUR BOX

BROWN BASMATI RICE	150g
CARROT	1
LEBANESE CUCUMBER	1
BEAN SHOOTS	1 bag
BEEF STEAKS	300g
SEAWEED SNACK	1 packet
SESAME SEEDS	1 packet

FROM YOUR PANTRY

sesame oil, salt, soy sauce (or tamari), sugar (of choice), white vinegar, butter

KEY UTENSILS

large frypan, saucepan with lid, small food processor or blender

NOTES

If you don't feel like making seaweed butter, you can finely slice the sheets and stir them through the rice or use them as a garnish.

Squeeze the pickling liquid from the vegetables before serving.



1. COOK THE RICE

Take **40g butter** out of the fridge to soften (see notes).

Place rice in a saucepan, cover with **300ml water**. Bring to a boil. Cover with a lid and reduce to lowest heat for 10-15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



2. PICKLE THE VEGETABLES

In a non metallic bowl, combine **1/4 cup vinegar**, **1 tbsp sugar** and **1 tsp salt**. Ribbon or julienne carrot and cucumber using a vegetable peeler. Add to bowl along with bean shoots. Toss to combine and set aside.



3. COOK THE STEAKS

Coat steaks with **1/2 tbsp soy sauce** and **1/2 tsp sugar**. Heat a frypan over medium-high heat with **1 tsp sesame oil**. Cook steaks for 2-4 minutes each side or until cooked to your liking. Set aside to rest.



4. MAKE THE BUTTER

Add **1/2 packet seaweed snack** to a small food processor or blender and pulse until fine. Stir seaweed into softened butter until combined.



5. FINISH AND SERVE

Divide rice and pickled vegetables among bowls (see notes). Slice steaks and add on top along with any resting juices. Serve with a spoonful of seaweed butter and garnish with sesame seeds.



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