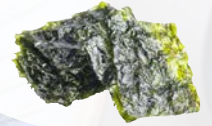




### Product Spotlight: Seaweed Snack

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

Seared 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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